

# HAWAIIAN MAGIC

by Dr. Clark Wilkerson

Clark was a channel through which this knowledge was given to those of us who are searching for more understanding. He has affirmed the inner teachings that some of us have had glimpses of in the past. This teaching is powerful in its simplicity. It is based on Hawaiian Bona science, the magic of mind and soul. When properly applied, it brings wisdom and realization of Oneness.

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# Chapter 1 IMPROVING YOUR HEALTH

Greetings!

We will not teach anything to anyone which we have not proven to be true. The message we will bring you is divine truth, and can be proven by anyone who will try it. This book is a beginning at the root of science which is good and powerful - a science which will change your life to a wonderful way of health, truth and wisdom, if you will only apply it.

These chapters are written in sequence to guide you into the Way of self-mastery. It does no good to know the Cosmic Laws if you do not apply them in your daily living for the benefit of all life.

The question of how to develop perfect health and happiness is one which is on everyone's mind. The answer to this question is mental self-mastery. After you have mastered positive speaking and improved your concentration, you can clear your mind of negative and undesirable fixations and complexes if you will apply the instructions which follow, thus increasing your mind power a thousandfold. Control of your positive speech, alone, will help to clear your mind and bring you good health.

Never say anything harmful about anything or anyone. For example: You witnessed an automobile accident in which several people were injured but none were killed. Using positive speech in relating to others what you had seen you might say, "The people were badly injured in the accident. I hope they will recover." But in speaking negatively, you would say, "The people were badly injured in the accident. I do not think they will live." The latter would be very negative or undesirable speech. When you had witnessed the accident, those who had been injured had not been killed.

The most horrible thing you can possibly do is to damn yourself. Many people have the bad habit or fixation of saying, "I'll be damned" or "I'll be darned." When they say this, they are cursing themselves and they will be "damned" in one way or another. If you find it necessary to say something about yourself, say, "I'll be blessed." Then you will have spoken positively. NEVER say anything harmful.

If your automobile is not running properly or is giving you trouble in anyway, do not say, "this God-damned car." If you do, the car will never be any good again no matter how many times it is repaired.

When you speak with emotion, your words have more power. When you feel anger toward anything, do not curse it or it will become cursed. Learn to control your speech.

A good way to begin positive speech control is to make a game out of it with an associate. If you say anything negative, you forfeit a dollar to the one who noticed your blunder. This is a rapid way to develop positive speech. One student became so positive that he was able to offer one thousand dollars to anyone hearing him say anything negative. He never had to pay anyone the thousand dollars because he did not slip and say anything negative.

When correcting children, it is very important that you do not place any undesirable thoughts in their subconscious minds. If you do so, these will become fixed negative thoughts or negative fixations. You would never have a sick day in your life if you did not harbor negative fixations and complexes in your mind. Negative example: Tell a child to get out of a mud puddle, OR HE WILL CATCH A COLD. Positive example: Tell a child to get out of a mud puddle, for he is getting his shoes muddy.

The subconscious mind will make you do that which it accepts, whether it be right or wrong, so do not plant negative fixations in the minds of children. Do not tell a child he will become sick if he does this or that. Train him to speak positively and he will never be sick.

Repetition is the same as hypnosis. If you repeat to a child often enough that standing in a draft will cause him to catch a cold, the subconscious mind of the child will believe and accept what it has been told. Thereafter, every time the child gets in a draft, he will catch a cold simply because your negative speech has planted a negative fixation in the child's subconscious mind.

The human body has within it every conceivable acid and electrical current. All this is controlled by your mind. If the subconscious mind, or sub-mind, is working in harmony with the conscious mind, nothing can possibly make you ill. By speaking and thinking positively, you clear the aura or magnetic field around your body. This, in turn, automatically casts from you undesirable vibrations and heals you. When your aura has been cleared of all black

or muddy brown color, you will have made a wonderful beginning toward self-mastery, for like attracts like. You will notice your taste for many things will change for the better and even your friends will become positive thinkers and positive speakers. The clearer the aura around you becomes, the greater the number of advanced thinkers who will be attracted to you and become your friends. You will be vibrating at a higher rate and they will be drawn to you.

The more positively you speak, the greater the number of positive things which will come your way. This is a natural law or Cosmic Law, not a man-made law. There are thirty-three Cosmic Laws and the moment you master positive speaking, you will have put several of them to work for your benefit. Start now: *Never, never say anything harmful about anything.* "Whatsoever ye sow, ye shall also reap." You must reap what you sow. You must account for every idle word. The Law of Karma is just this: You will receive that which you send out. Send out words which are positive and helpful to all life. You will find in so doing that positive things and deeds will return to you with many blessings.

Make a list of your negative faults and break one a week, if you can. If you find this hard to do, break one bad habit a month and you will become self-mastered. When you have become master of yourself, you will have also become master of everything else.

We are here for only one reason: To advance mentally and spiritually. This is the only thing you can take with you when you leave here. Nothing which is of a material nature can be taken.

It is not a sin to have material possessions. No one ever had peace of mind while he had debts to worry him. It is necessary to stay in balance materially, mentally and spiritually. Begin to think and speak in a positive manner right now. Do not put it off until tomorrow or next week; start now. The sooner you start speaking positively, the sooner you will achieve progress on the path to understanding and perfect health.

The Kahunas of ancient Hawaii mastered positive thought and positive speech. They were able to perform all sorts of magic with their power. They controlled the elements, walked through fire, controlled the fish, healed themselves and healed others.

There is a very good reason for developing positive speech, other than sending out good into the ethers. If you acquire the power of the Spoken Word, you will destroy yourself and those you love by speaking negatively about them, whether intentionally or unintentionally. There are people with this power of the Spoken Word. Those who are completely cleared of mental fixations and complexes have this power, but that is another teaching. We are covering only positive thought and positive speech in this chapter.

When you see or hear something negative and tell someone else about it, this is not speaking negatively. However, it is not good to dwell on these negative happenings such as accidents, murders or any other type of negative action. The more positive things and events you keep in your mind, the healthier you will be in every way.

If you become angry or disturbed in anyway, your thoughts and words have more power to

manifest materially. If you become emotional over such things as pride, love, pleasure, dancing, eating, etc., your spoken words have more power. The Hawaiian Kahunas or priests of old knew this and held rituals to raise the emotions of the people. Then they led them in prayer and used affirmations out loud using the spoken words of many people. The results were dynamic. This science was termed "magic" by those without understanding.

When you think love and harmony toward the animal kingdom, these creatures win, not harm you in anyway. While prospecting in the California desert, a student encountered many poisonous bugs and dangerous creatures such as 88 stinging scorpions, large red ants, gila monsters, wasps, rattlesnakes and other wild life. In the past ten years, he has never been bitten by any of these creatures and he never will be, because he will not harm them or allow anyone near him to harm them.

Nature has a way of reflecting love and all life recognizes it. On one occasion when this student was camped in the forest near Big Bear Lake, California, he came upon a coiled rattlesnake. His unprotected ankle was not more than one foot from the snake. Love was sent to the snake and it laid its head down on its coiled body and closed its eyes. The snake was blessed and the student walked away unharmed.

When he returned to his campsite, this story was related to the other people there. One young boy wanted to see the snake. The student led him up the trail to the place where the incident had transpired and showed him the snake from a distance. The boy picked up a large stone with intent to kill the snake. The stone was taken from the boy and he was made to leave the snake in peace. The snake had not harmed the student and he would not allow anyone else to harm it.

One teacher stresses the need to prove a thing before teaching it as truth. In this way, the truth is realized through experience. He also teaches that no teachings of any school should ever be denounced unless proven incorrect. The wonderful life which is the result of the practice of positive speech and, positive thought has been proven a thousandfold. Give it a try and realize the truth for yourself. You will have prosperity and good health.

Never say anything harmful about anything. This instruction about positive thinking can, not be stressed enough. It is the most important thing in life. The knowledge given in the following chapters will be of no value to you without your application of positive speaking.

You must be positive at all times. When you speak positively, you will think positively, for you cannot speak unless you think first.

The knowledge to follow will be for the purpose of improving your concentration. This instruction will be presented very simply and powerfully. You have everything to gain and nothing to lose.

If you will apply this wonderful science to your life, you will have peace of mind, money in abundance, good health and spiritual advancement. You will not have any more accidents of any kind. Through the use of this teaching, you can gain self-mastery and self-realization. Apply what you will be taught and master yourself.

Each chapter in this book will become better, for you will be growing wiser.

## Chapter 2 IMPROVING YOUR MENTAL POWER

You will now be taught the most important of all beginning components of mental study. In the past, you may have been asked to concentrate on something without being taught the proper way of concentration. It is very difficult for many of us. Some of us were born with the ability, whereas others must develop, exercise and train our minds to concentrate.

To be able to concentrate, one must be able to hold one's mental attention and pinpoint it on anyone object for a period of time. The average person does not develop mental concentration.

If you are unable to concentrate on anyone thing for more than thirty to forty seconds and your mind flits from one object to another, then the object on which you are trying to concentrate will leave your mind. You will think of something else with which that subject has a connection, in which case, the concentration would have been broken.

In some of the mystery schools, the students are asked to develop their minds to a point where they can concentrate on one thing for ten minutes. This is very difficult. It requires much practice and perseverance. For the work about to be given you now, a ten minute session of concentration would be very beneficial, but it is not absolutely necessary.

By following the instructions in Chapter 1, Health Through Positive Speaking, you can greatly improve your concentration power. In developing the ability to speak positively, you will naturally require some concentration on the subject. By the time you have mastered positive speaking, you will have greatly developed your own concentration power.

Some people are very fortunate. They were born with this gift, while others, as mentioned before, have had to develop it one way or an. other. The jobs held by some people make it easier for them to concentrate. Doctors, attorneys, accountants and secretaries, who hold positions in life which require concentration, will strengthen their ability to concentrate each day, whether they are aware of it or not. But for those of us who have not been in such positions which help to strengthen our minds, it is necessary to develop concentration ability deliberately on our own time. This can be done quickly if you will follow the instructions which will be given.

The reason for developing concentration at this time is to be able to achieve the work that follows. It would be completely impossible for any human to master, or even attempt to master, the lessons and enlightenment which will be given in the following chapters without first having mastered the ability to concentrate and concentrate very strongly on any object desired.

There are many ways to develop one's mental power of concentration. The method to be given has been proven and has worked. It is the divine truth. When applied to daily living, it will change your life completely and you will have a more wonderful life each day.

Without the ability to use one's concentration power, it would be impossible for anyone to communicate with or use his own subconscious mind. Concentration develops and strengthens your conscious mind, your will power and your mental power, when applied properly.

Place an object, preferably one you like, in front of you. Look at it and time yourself with. out taking your attention from it. Concentrate your mental visualization and thought power on this one object. You will find that at first, without having practiced this exercise, you will be very fortunate if. you can hold your total attention on the object for more than ten seconds. However, after you have tried this several times over a period of time, it becomes a simple exercise to watch a rose or any flower, any gem, or any other object you like. Set your attention on it, look at it, observe it and do not allow your mind to drift from it. After a few days or weeks, you will find it will be very easy to hold your attention on a given object for a much greater length of time than when you first started.

Another way to develop your power of concentration is to count backward mentally or aloud from one hundred by ones, thus 100, 99, 98, 97, 96, 95, 94, etc., until you reach zero. Correct yourself if you make an error. If you say the wrong number, start over from one hundred and go backward down to zero again. When you have done this without memorizing them, by only thinking of them, you will have immensely developed your concentration power.

Then take it by twos (100, 98, 96, 94, 92, etc.). Then take it by threes, which is a very good concentration exercise. Most of us can remember counting backward by ones or twos, but very few of us have ever acquired the ability to count backward by threes. Therefore, it takes full concentration on each number in order to accomplish this, which greatly aids your concentration ability. Any time you miss, start over again with 100, 97, 94, 91, 88, etc., down to zero. This, I repeat, is a wonderful exercise for developing powerful concentration. With these exercises of counting backward, you will also strengthen your mental power if you will visualize each number as you say it, such as written by an airplane in skywriting or written upon a blackboard or any other method you may choose. It makes no difference how you visualize them as long as you hold a mental picture of each number.

Another good method for improving one's concentration ability is to play a game with another person or with several people. One person places several objects on a tray; for example, a penlight, a button, a fountain pen, a safety pin, etc. The person who has arranged the objects will then show the tray to the others, allowing them only ten seconds in which to observe the tray. The object of the game is to remember as many of the items on the tray as possible, what they are and their description. This not only improves your concentration, but it teaches you imagination or mental visualization as well.

The most important reason for these instructions on the development of concentration is the application of this concentration. Without the ability to concentrate, it would be impossible for you to use the "Silence." It is realized that the word Silence has been badly used and abused in the past by many people. Do not fear this word. If there were another word to convey the message which follows, it would certainly have been used.

There are many words of which the word Silence is actually a part; for example: Meditate, contemplate, prayer—all of these states of mind are the light or mild trance state known as the silence. Some minds can go deep into the Silence merely by willing it, others very slightly. Nevertheless, it is a mental state and rather than use different words in these chapters, the word Silence will be used.

In training yourself in concentration, it is an absolute must to be able to concentrate in order to be able to suggest to yourself. Therefore, these lessons are most important for in the work which follows Silence is the key - the absolute key to all mystical work, no matter what branch of the science you choose to follow. Without the ability to entrance yourself, (to remove, momentarily, your conscious mind in order to work with your subconscious mind and your superconscious mind), it would be utterly impossible to be any kind of a magician.

The words "magic" and "magician" may have a different meaning to other persons as compared to this author's. The meaning of "magic" is to apply the Cosmic Laws or God Laws. With the knowledge of them and with your innate mental ability, you can do wonderful things such as healing, controlling the elements, telepathy, teleportation, telekinesis, astral travel, etc. All of these things are termed "magic" by those who do not know and understand the formula or the laws. To those who know how to work them, there is nothing magical about anything. They can use the formula and it will work for them. This is why we are starting at the root of all science-mental and spiritual science—yes, and material science, for nothing has ever been created materially without first having been a mental picture.

Before an automobile could be built, it had to have been a complete imaginary mental picture in the mind of the draftsman, so he could apply it to the drafting board and the manufacturer could build it. Before this planet or any planet in the universe was created, it had to be within a mind

before the creation could commence. Therefore, our ability to concentrate deeply and strongly determines how far we can advance in our magical work and in applying the Cosmic Laws to our daily living for the benefit of all life and for ourselves.

Start now to develop your power of concentration so that you may become master of your self, with a strong mind and the ability to bring health and happiness to yourself and to those around you. Have your friends and loved ones test you by the methods given, for it will improve your concentration and theirs.

In the coming chapters, you will be told of many wonderful things. Your ability to do them and master them will depend completely on your ability to concentrate.



## Chapter 3 THE SILENCE

In Chapter 1, we learned that it is very important that we master positive speaking in our everyday living. In Chapter 2, we improved our concentration for mental power. An exercise was given to improve and strengthen our ability to concentrate for the work which follows in these lessons.

Almost all magic, or the ability to use the Cosmic Laws and be fully aware of the use of them, is done with the Silence (by slightly re. moving the conscious mind, momentarily, and using the subconscious mind). It is one of the most important things in life to be able to understand the component working parts of our own minds. There are many parts to this but temporarily we will class them in three parts: 1) the conscious mind, 2) the subconscious mind and 3) the superconscious mind.

The conscious mind is the part we use all day for our average conversation and daily trials and tribulations. The subconscious mind is the part of the mind which does very little analyzing but controls the physical body completely.

The superconscious mind is sometimes termed the "Higher Self" or, by some mystery schools, the "God Self."

The Silence is not something to fear for you can be fully alert after having been in the Silence. Through self-suggestion you merely desire to be alert, count to five and think: "I am fully alert." Tell yourself you will feel very good and you will. If you find this will not work, you will normally fall into a natural, sound sleep from the Silence. It is very rare for anyone to have difficulty in being alert after the Silence. In these rare cases, any professional metaphysician would be able to awaken the subject without trouble, or he would fall into a normal sleep and awaken later. Actually, it is a privilege and an honor to be able to enter the Silence easily, for only people who are able to concentrate can use self-suggestion.

There are a few things which may make it somewhat difficult for certain people to enter the Silence, for example: If the person were intoxicated or if the person is mentally retarded in anyway. The class of people which make very good subjects for the Silence are doctors, attorneys and accountants. Men and women in these positions have a high intelligence and a very strong concentration power. You will recall that this was discussed in Chapter 2.

A person should have no fear at all about using self-suggestion. If you have any fears embedded in your subconscious mind regarding this, you will find it most difficult to enter the Silence.

Here are some of the reasons why you should learn and master this wonderful mental art:

To know yourself consciously and subconsciously,  
To control your weight, gain or lose,  
Stop the smoking habit,  
Stop all fixations or negative habits,  
Relax completely mentally and physically,  
Be able to sleep soundly and pleasantly at all times,  
Improve your memory,  
Implant positive suggestions which will work for you,  
Improve your concentration and visualization,

Remove your mental complexes,  
Remove pain,  
Remove mental depression,  
Gain a magnetic mental personality,  
Master positive speaking,  
Stop blood from flowing from wounds and  
Awaken at a prearranged time.

All of these things and more can be mastered and accomplished by merely learning to master the mental condition we term the Silence. By mastering the Silence, you will be able to improve your ability to be outstanding and excel in anything you desire, become much stronger physically, become immune to all disease, increase your income or material supply, energize yourself, acquire good health, become more handsome or beautiful, become better at any sport and control your sex life. We could go on and on and name almost everything which is done in daily life, which can be assisted and helped merely by learning to be able to control yourself in the Silence.

By meditating in the Silence properly, you can become that which you wish. By having the ability to use and bring into harmony your inner mind through this process we term the Silence, it is easily and quickly accomplished. Average mankind does not have this ability unless taught. We have to be taught everything that we do.

You will now be taught how to enter the Silence and how to have full mastery of it as all times. The Silence is a mild attunement of the mind, to reach the inner mind, and anyone in good health and of sound mind can accomplish this quickly and easily.

We have found that some people grasp this very quickly at the first try, but others may have to try and try again. We have found the difference is that the person who can hold a mental picture such as we ask him to hold, with his mind's attention on it strongly, which is termed visualization, can enter the mental condition and be able to have full mental control of it.

Please bear in mind that it is most important for you to hold a mental picture of that which you are asked to hold. It is also important for you to read on and to find out exactly how you are to think while going into the Silence for the first time. Read closely the following pages on how to enter the Silence and memorize them to the best of your ability. Then you are to relax your physical body as much as possible.

Place yourself in an easy chair or lie down on a couch or bed. Get your physical body as relaxed as you possibly can for the first time or two, while learning the art of entering the Silence. Close your eyes and consciously want your physical body to relax. You should now be very comfortable and in a relaxed position. Consciously want your feet and legs to relax. Gently move your left foot and think, "I want my left foot to relax, now my leg up to my knee." Then you think, "Now I wish both my legs to relax up to my hips" and then you relax the center of your body. Then desire your chest and shoulders to relax and then your arms. Mentally desire like this: "I wish each of my fingers to relax, the next finger on the left hand and the next and the next, then the thumb. Now I want all my fingers and my entire hand to relax." Then consciously relax the fingers on your right hand. Now want your right thumb to relax and then the right forefinger. Move it gently and desire it to relax. Now desire the long finger to relax and the next one and then the little finger.

You will find that your hand and your fingers are completely relaxed. Now you consciously want your nerves to relax, so you think, "I now want my nervous system to relax completely. My physical body is very relaxed and I am very comfortable." You will be more relaxed and more comfortable than you have ever been.

Now hold a mental picture of the following: Imagine that you are in a very lovely garden. It is exquisite in beauty. It has a white wall around it. You are alone. There are beautiful flowers. The grass on which you are standing is beautiful, green and cut very short. To your left is a life-sized statue, similar to the Grecian works of art, exquisite in design and beauty. To your right, some distance from you, is a very lovely fountain. There is water spraying from the fountain because of a light breeze. On your left, only a few feet away, is a white chaise lounge. It is about seven feet long. It is made of about four inches of foam rubber and covered with white leather, with a matching pillow.

Walk over to this couch and sit on the edge of it. Observe the beauty of the garden again. Also, notice that the sky is a light blue. It is early afternoon and there is a peace and stillness which is most desirous and beautiful. You are in a state of stillness which is very relaxing and soothing. See yourself lying down on the couch. Adjust yourself in your mind's eye in a very comfortable position. Close your eyes and you will find that a stillness and peace come over you like nothing you have ever sensed or felt before. You are completely relaxed. You are very comfortable and you are at peace with all things now. Do not open your eyes until you are finished with this meditation. Take a deep breath, physically, all the way in as you exhale, like a sigh, you think mentally, "I am now mentally turning loose. I am completely relaxed. I am completely at ease."

In so doing, you will notice that you are at ease and at peace. It is very pleasant. You are more relaxed now than you have ever been in your entire life. It is a good and comfortable feeling.

If you have used your imagination and visualization properly, you are now in a mental condition termed the Silence. There is a material, physical way to prove it at this time. You are to count to three and think, "At the end of the count of three, my eyes are securely closed, and they will not open unless I give a strong mental command that they do so."

This is but a test to see if you are in the Silence. If you have mastered the visualization, then you will know. Count, "one, two, three", and your eyes will be securely closed. Try to open them, only physically now, without using your full will power. If you use your full will power, they will open. Without using your full will power, they will not open. They are closed tightly.

Now relax and say aloud, "From now on, I will be able to enter the Silence quickly for meditation any time and any place. All I have to do is to relax, close my eyes and think the word 'peace' three times, and I will quickly and easily be in the Silence. When I wish to end the meditation period and come back into full conscious awareness, as I was in the beginning, all I have to do is to count to five and say, 'I am in full conscious awareness.'"

From that moment on, you will always be able to enter the Silence quickly and easily. If there is any doubt in your mind, you may use the eye test to check yourself. If your eyes do not pop open during this experiment, you have mastered the Silence. Should they pop open, try the instructions you have just been given several more times during the next few days. Should you still be unable to succeed, have someone you can trust implicitly read to you from "Imagine you are in a beautiful garden" throughout the instructions for awakening yourself. It is often easier to accomplish this if you are led into it, than by yourself.

There is available an outstanding, long play phonograph record which would be of great assistance to you in entering the Silence. If you will send for it, you will be able to master the Silence much more easily and quickly, led by the voice of this long play phonograph record made by Columbia Records. It is also available on tape for tape recorders.

Remember, the Silence is the key to all metaphysical, mental and spiritual advancement which any human being can possibly make while here on this planet Earth. It is imperative that you master this mental condition termed the Silence so that you may meditate and progress in this beautiful work.

It is important to remember that to "know thyself" is to know the working component parts of your own mind. The mystical work to follow is based on self-suggestion. It is essential that you

master the Silence before you attempt the wonderful, mystical exercises which will be given in the chapters to follow.

## Chapter 4 THE PENDULUM

The pendulum can be made from any object with the approximate weight of a car key. Attach a three inch string or a light chain such as those used on necklaces to the object. Have something at the other end of the chain such as a ring with which to hold it.

This author has created a selection of well-balanced pendulums. They are made from polished, beautiful gem stones, with a three inch gold-filled chain attached to a gold-filled clip on the polished end. At the other end is a holding rod, attached with a gold-filled ring clip.

In selecting a pendulum with which to work, it is wise to leave the choice up to your conscious and subconscious minds to select the color of the object which they like best.

Sit at a table with a piece of paper and a pencil. Draw a line straight out from you and write "yes" at each end of this line. Then draw a line across from your left hand to your right and write "no" at each end of this line. You must train your subconscious mind in that which it is supposed to do. The pendulum is to swing out from you, then back toward you for "yes". It should swing from side to side for "no".

Close your eyes and enter the Silence. Hold the pendulum with your right thumb and forefinger so that it can swing. Say aloud, "Back and forth is for the answer 'yes'. Side to side is for the answer 'no'." Train your subconscious mind in this manner, so that it may understand and be able to work with you.

Proceed to ask your subconscious mind questions. Be certain to begin with questions which are easy to answer, because you must teach and train your subconscious mind how to play the game. The subconscious mind loves games and usually catches on rapidly.

You would ask a question, "Is it raining outside?" The subconscious mind will answer "yes" or "no". Hold the pendulum in your right hand so that it is suspended above your left thumb, if you are right-handed. Reverse this if you are left-handed. Ask a question you wish to know about yourself, preferably about mental or spiritual matters. Avoid material questions at first. When you have become certain that your subconscious mind understands, it will swing the pendulum to and from you for "yes" and back and forth across you for "no".

In using the pendulum, you can answer many mental and spiritual questions about yourself, obtaining the information from your subconscious mind. In reading the subconscious mind of another, ask him to hold up his right thumb or if left-handed, his left thumb. Hold your pendulum over this thumb and proceed to ask questions. Your subconscious mind will attune to his and you will get a "yes" or "no".

Another wonderful use of the pendulum is its help in understanding and working with your subconscious mind consciously. The more you practice using the pendulum, the better the results will become.

You want only truth in your answers. In the Silence, therefore, you should tell your subconscious mind to give you only truth, nothing except divine truth. It will then attempt, at all times, to give you that which it believes to be the truth.

If it is possible for you to contact your super. conscious mind, it will relay the messages through your subconscious to your consciousness or through the pendulum with answers of "yes" and "no" to your questions, quickly and easily.

When you have learned to do this, you will find the immediate response and the truth behind every answer to be uncanny. The subconscious mind is very intelligent and has many wonderful, mystical ways of finding the answers to the questions it is asked.

If you desire an answer from the pendulum which would be a number, rather than "yes" or

"no", you may train your subconscious mind to swing the pendulum over numbers arranged like those on the dial of a clock. The top number would be 12, the bottom 6; the one at the left 9, at the right 3. If you were then to ask, "How old is this boy?" and the pendulum proceeded to swing back and forth, you would know the answer was either 6 or 12. Logical reasoning would then tell you the age of the boy. If you were in doubt as to whether the answer was 12 or 6, you would ask, "Is he 6 years old?" The pendulum would then swing either "yes" or "no".

There are many other uses for the pendulum. You can hold it over an egg and ask, "Is it male or female?" If you have trained your subconscious mind to swing clockwise for male and counterclockwise for female, you would be able to determine whether the unhatched chicken in the fertile egg would be male or female. The fertility or non fertility of an egg can also be determined in this way. I once knew a rancher who used this method of determining whether or not the eggs would hatch into chicks.

If you suspend your pendulum above the unborn child of an expectant mother, you can determine the sex of the baby. If you do not find frequent use for this type of question, you can determine the sex by asking, "Will the baby be a boy?" and have the answer given in the swing which means "yes" or "no".

The pendulum can be used as a medium for getting the answer to any question to which you need an answer. This form of "mediumship" is much better than none. Some people never manage to achieve mental communication between their conscious and subconscious minds and by relay with their Higher Selves. For such people, the pendulum is far better than no contact at all with other dimensions. Learn how to use it and you will be more psychic.

The pendulum can be used by you for the rest of your life. In mastering the chapters to follow on the clearing of the sin complexes from your mind and invoking your Higher Self, you will reach a truth plane from which answers can be received easily and quickly with the pendulum.

## **Chapter 5    MENTAL MAGIC**

One of the Cosmic Laws with which we must work daily, whether or not we are aware of it, is the Law of Karma (or compensation). Should you ever misuse this knowledge, you would have to pay, for your own subconscious mind would know it. You might escape civil punishment, but it would be impossible for you to escape the reactions of the Law of Karma. Whatever you send out will return to you. Every action you take will react upon you. If these things are good and positive, that which returns to you will be good and positive. If they are undesirable and negative, that which returns to you will be negative and undesirable. Your own mind makes it thus.

The more mastery you gain of mental science, the more experiences you will have, and the easier it becomes for you to realize and to master the wonderful work which will follow. These are the Works of the Mysteries of the Universe. This knowledge will open the door to anew, more beautiful life for you in every way. It will prepare you for enlightening truths and experiences to follow.

In advanced science, you will be taught how to use and master Huna science. Huna is a science known to the Polynesians, particularly in the Hawaiian Islands. The word Huna itself means "secret". The word Kahuna means "keeper of the secret".

This Kahuna is going to relate to you some very mystical and scientific knowledge as to how to induce the Silence in yourself, in others and in all things With a super surcharge of high frequency current. This current is produced by our physical bodies through the will power of our own minds. This current can be projected from the fingertips and the palms of the hands. In some cases, with very advanced students, it can be projected with the rays which emanate from the eyes. In this lesson, we will deal only with that current projected from the hands for the

purpose of conditioning. any living thing.

The knowledge you are about to be given in occult science is not theory, but fact. The word "occult" itself means "hidden". This science has been well guarded and well kept. I must warn you again: If any of this knowledge is misused, you will be subject to the Law of Karma (what ever you put out for undesirable things for selfish gain, which may in anyway harm any living thing, will have to be compensated for by you):

Place your hands before you. Curve or slightly curl your fingertips toward one another, those on the right hand pointing toward those on the left. Tighten your fingertips like the talons of an eagle, keeping the left-hand fingertips about six inches from the right-hand fingertips. Take a deep breath. Inhale and hold it. While doing so, desire an electric current to be generated in your body, so that you will feel it in your fingertips. Exhale your breath slowly and easily. Inhale again and hold your breath as long as you can without discomfort. Exhale again. Moving your hands back and forth slightly will help. As you move the left hand slightly away from you, bring the right hand toward you, then reverse.

Doing this exercise three or four times should be sufficient for most people. Six or eight deep inhalations, holding of the breath and slow ex. halation, either through the mouth or nose, is recommended. Scientifically, what you are doing is charging your blood stream with an excessive amount of oxygen. This changes the sugar in your blood stream to electric current. Mentally, you direct this current through your body, down your arms and out through your fingertips. Do not allow the fingertips of your right hand to touch those of the left, for this will short-circuit the current.

As you move your hands slowly as described or up and down or around, you will begin to feel a light tingling in the fingertips or knuckles. . If you will close your eyes and will very strongly that this current is to flow, come out your arms, out your fingers, you will feel it. We call this current "LEE" as the ancients did. In Hawaii, the Kahunas have mastered the flow of LEE. The ancient Kahunas could highly charge their weapons with this LEE. When they threw the weapons at the enemy, the current would knock him into unconsciousness. It was not necessary for the weapon to penetrate the body of the enemy. It only needed to touch him.

The flow of LEE will do whatever you decide it to do. It will heal. It will condition mentally and will alter conditions. It will do whatever you will it to do with your conscious and subconscious minds. This current has been called many names by various mystery schools down through the ages. The Hawaiians used the word "mana". In the study of Yoga, this current is termed "prana". In another mystery school, it is called "vital life force". By others, it is termed "animal magnetism", "energy", "spirit". It makes no difference what you call this current. It is only important to understand the principle and its application. The most powerful and holy name for it, however, is LEE which is its universal name. Therefore, as we work with it in these lessons, we will call it LEE.

LEE was used by the Hawaiians of old, by the Kahunas or "keepers of the secret", not only for conditioning but also for healing. The current will heal. This is done in a scientific manner which will be reserved for further teachings.

After generating a charge of LEE in your hands, by holding your breath and willing the current to flow from your hands and fingertips, you may use one of several methods of applying LEE to the subject whom you wish to condition. You may simply hold your hands out toward the person from a distance of two to fifty feet and will the current to him. Desire and will consciously that the current is to condition him. Practice makes perfect. The object of conditioning any subject is to help him. It should never be used for the folly of controlling the will of another. The Law of Karma must be remembered and heeded.

A student who does not have a knowledge of the principle and application or use of LEE is very limited. Without it, he depends completely upon the subject's own mind in order to induce the conditioning. But with the applied use of LEE, together with the applied use of will or the spoken word of the conditioner who has mastered the knowledge of LEE, it is possible to induce conditioning in any living thing.

Any living thing is a broad statement. Any tangible, material thing which is alive is subject to a flow of LEE with a strong will behind it. Any invisible force, from any dimension, is subject to the will of a mind with a strong charge of LEE.

A great Master once said, "The works that I do, ye shall do also; and greater works than these shall ye do." And, again, "All the spirits shall be subject unto you."

This instruction regarding the application of the current termed LEE is very essential to the mystical and occult work which is given in the following chapters. It is an absolute necessity that you master this, that you produce this cur. rent from your hands as instructed. Without this ability, you will be very limited as a conditioner, as a healer, as a psychic and in all the psychic, mystical things to be accomplished with this knowledge.

The principle reason you are being taught self-conditioning and conditioning in general, besides self-protection from those who might misuse it, is to remove fixations or embedded bad habits, which are implanted in your mind or in the mind of the subject you are trying to help. Repetition is conditioning. Many bad habits have "been acquired by the average person's subconscious mind through repetition during childhood. In the work to follow, you will be taught how to apply this knowledge with an application of LEE to remove fixations and complexes. With the application of LEE, this can be done rapidly and successfully. Without the application of LEE, it is impossible to completely remove all complexes and all fixations.

It is essential, therefore, that you practice this until you can do it to your own satisfaction, easily and rapidly. It is not advisable to practice this exercise in front of others.

At a lecture in Oakland, California, the entire audience was instructed as you have been. After a period of eight minutes, the people were asked how many had been able to produce a flow of LEE through their hands. Almost every person in the auditorium raised his hand. Anyone can do this if he is broad-minded and has a desire to produce the flow of LEE with his own will power.

This science is the root of all "magic" or mind power used to alter material conditions. As you read on, many questions which have been puzzling you will be answered.



## Chapter 6 MENTAL FIXATIONS

You are on the pathway to perfect health, happiness and prosperity. If you have applied what has thus far been taught, you will realize that it is the divine truth. It is important that we apply the teaching which we receive and the knowledge which leads us to wisdom in metaphysics for our benefit in our everyday lives. It does little good to learn of things of this nature unless what is learned is applied. Hundreds of metaphysicians, who have studied for years, actually apply the laws, the Cosmic Laws or God Laws, to their every day living. Far too many gain knowledge regarding metaphysics, read about others who have applied the wisdom, while they, themselves, fail to apply the teachings to their daily lives.

The principle reason for this appears to be that there are schools and teachers who take for granted and assume that everyone knows the root or foundation of all this work. We would not be able to walk upright if we had not been held upright by our parents and taught to walk. Without having had their hands or arms under ours and their guidance and tender care, we would be unable to swim, eat, speak properly or any of the other things we do. We had to be taught all of these things by those who already knew how to do them.

This is also true of the Cosmic Laws. This is true of breathing, sleeping, walking, talking and all the things we do in our daily lives which most of us take for granted. People assume that we can do all these things properly.

Most of humanity breathes improperly. These people have too shallow a breath. When you draw more air into your lungs than you are accustomed to drawing into them during your normal breathing, your appearance will be scientifically improved, so that you will be more handsome or more beautiful. It will improve your health and your character in general.

If it is possible, it will be beneficial to arrange the bed in your bedroom so that your feet will point to the north. The scientific explanation of this is the direction of flow of the magnetic currents of the Earth. There are many types of such currents. We are all familiar with the north and south poles and with their magnetic action. Currents flowing so that they cross these two poles, or "magnetic action" currents, carry many rays and vibrations all night long. In this area, they flow from south to north.

Thus, if we point our feet to the north while we sleep, Mother Nature or the laws that be, will cleanse us, purify us, make us stronger and reenergize our living cells while we sleep.

Most of us have many bad habits. If you will be completely honest with yourself and make a list of yours, you will be greatly surprised. The first time you do this, you will be astounded to discover how many more bad habits you have than good habits.

Habits which are embedded in the subconscious mind will be termed, throughout these pages, as "mental fixations". They are "fixations" because they are fixed responses made by the subconscious mind which will remain fixed until they are removed, either by the person himself or by someone else who has the knowledge of how to remove them.

There are several ways in which these fixations can be placed in the subconscious mind. Negative or undesirable fixations can be implanted by the hundreds by the unenlightened people with whom we have surrounded our selves during childhood. This was not done deliberately. It was done through lack of knowledge, understanding and enlightenment regarding mental and spiritual teachings by our parents, our teachers and our associates.

One of the most beautiful aspects of conditioning is the fact that any fixation which has ever become embedded in the subconscious mind, deliberately, accidentally or by repetition, can be removed through self-suggestion. Anyone who has placed something in his subconscious mind

by conditioning is also able to remove it by self-conditioning. Therefore, our understanding of self-conditioning or ability to condition others and assist them along these lines is most valuable.

Examine the list of bad habits which you have made and be certain that you have been completely honest with yourself. In this game you are playing, it would harm no one but you to cheat. If your list is long and some of the bad habits are relatively unimportant, these will be easy to remove quickly. The more serious fixations will be more difficult to remove. The less serious ones will not require the use of the Silence or mental conditioning for their removal. They will only require applied will and consciousness of what you are doing.

If you will take some of the less serious bad habits, you will find that you can' eliminate one each day. On the more serious ones, one each week may be discarded. The very serious habits, which are deeply embedded, may be affecting your life far more than you realize. For these, it will be sufficient to eliminate one each month. Even with your knowledge of the power of suggestion in the Silence, together with the application of LEE, fixations such as exaggerating, which is a polished word for lying, can be very difficult to remove. Through the years, this has become a fixed habit in both the subconscious and conscious minds. Your will power, applied consciously, will be helpful in its removal from the conscious mind. Suggestions to yourself in the Silence once each week will give you a remarkable ability to quickly control bad habits such as this and will remove them from the subconscious mind. Before long, through applied effort, knowledge and understanding of what you are doing, you will find that almost all your fixations which are of an undesirable nature will have been changed or eliminated.

The only reason people have illnesses in their lives is because of their mental blocks, which are caused from the fixations and complexes in their subconscious minds. These have created an inharmonious condition throughout the entire being.

Lack of understanding and lack of proper guidance during childhood and youth are the principle causes of these reactions. Some of the negative or undesirable fixations in the mind of the average person are catching the measles, catching smallpox or catching the mumps. If you had been taught when you were a very small child that you were immune to these diseases, that your mind was strong and powerful, that your body was an amazingly perfect and wonderful chemical plant containing almost every chemical and acid known, and that all of this was at the disposal of your mind for the warding off or discarding of any and all sickness and disease, you would never have contracted such diseases.

To rid yourself of the average disease is very simple. To rid yourself of the ability to catch such a disease is also very easy, for these were not presented to you with a great deal of repetition.

First, create a supercharge of LEE. Direct this LEE through your hands into your ears. While the LEE is flowing, create a powerful thought and with a strong verbal declaration tell your subconscious mind that you are now immune to whatever disease is involved. This LEE, along with the thought and words, will knock out any undesirable fixation that you could contract these diseases. This will make you immune to them.

It is wise to remember, however, that you should never force your subconscious mind to do anything. Always request with love and affection that it do what you desire. Use the Cosmic Law of Harmony between your conscious and subconscious minds.

In the work and practice to follow, through the power of suggestion with the applied ability which has been taught thus far, you will be able to make yourself immune to sickness and disease. We have found it very difficult to re. move the fixations which cause the head cold, although it can be done. The only reason you ever experience a head cold is your subconscious belief that you will catch a cold through certain actions or circumstances.

For a difficult case such as this, it is wise to convince the conscious mind first that its belief is wrong or unreasonable. If your conscious mind believes a thing to be true, you have little or no chance of convincing your subconscious mind that it is untrue. Reasoning similar to the

following, therefore, should be used to eliminate this belief from the conscious mind, after which it will be less difficult to remove the fixation from the subconscious mind: When you were a child, if your parents told you over and over (again repetition) that if you were to get your feet wet and chilled, you would catch a cold, the constant repetition may have been reinforced by the fact that your parents were considered "authority" by your subconscious mind. Because of a teaching like this, when you do get your feet wet and chilled, you probably would catch a cold.

When you stop to analyze these things and reason about them, your conscious mind will soon realize the fact that such beliefs are ridiculous. Once you have thoroughly convinced your conscious mind that these teachings are untrue, you will have much greater success in removing the beliefs from your subconscious mind.

If our parents, teachers and associates, through repetition have embedded such teachings into both our conscious and subconscious minds, our minds have accepted the teachings and believed them. Anything your subconscious mind accepts and holds as a belief will become a reality to you each time the proper circumstances are brought about. Because many people have been taught that night air is poisonous, they are unable to achieve healthy sleep as they should with a bedroom window open. By chemical analysis, there is absolutely no difference whatsoever between the air during the day and the air during the night. Humidity varies as greatly during the day as it does at night. Place yourself in the Silence, produce a strong charge of LEE at your head and say aloud in a commanding voice, "I cannot, I will not ever catch a cold again." This will begin to make you immune to the common cold, provided you have first reasoned away the belief in these negative teachings which have been held by your conscious mind. It will be necessary to follow through on this. It must be repeated over and over, many days, many weeks, perhaps many months.

For some people, two or three repetitions with a strong charge of LEE will be sufficient. For other people, it will take weeks or perhaps months. If you are persistent and have changed the belief of your conscious mind, it will succeed. This has been accomplished by many people and is no longer just theory. It is a proven fact. If you will apply this wonderful knowledge, you will succeed.

After your undesirable habits have been removed for a few days or weeks, a wonderful improvement will pervade your entire being. In the beginning lessons when you attempted and finally mastered positive speech, something beautiful and wonderful took place within your unit. By the word "unit", we are referring to the physical body and everything in it and around it, for it is composed of millions of component parts. In a higher teaching, you will learn of some of these parts, grouped into zones or planes. You will learn how they function, how you can attune to them and how you can bring them into harmony, thereby creating a perfect unit in the physical body.

When negative fixations have been removed, the strength of the magnetic field will increase around you. This is what is called the aura. This will change your aura from muddy colors to beautifully clear colors such as chartreuse, blue, green, orange, lavender and yellow. These colors are produced by your subconscious mind from your daily thinking.

One who is clairvoyant can detect one who is lying, for the moment he tells a lie, the aura "fringes." Its outside edges become very dark and cloudy. Thoughts become things when spoken.

There are clairvoyants who can see these little bubbles coming from the mouth of one who is speaking. If they are positive and good, they are of a beautiful color. To the clairvoyant, each has a musical tone. If they are negative, they will be gray, dark brown or black. Each of these bubbles will go to its own. Like attracts like; a creation is born. This is another subject. It is merely being stated here that it is a fact.

When you apply this knowledge and do it yourself consciously with your will and with a surcharge of LEE, the negative fixations will never return. When doing this, be sure there is harmony between your conscious and subconscious minds.

There is something positive, affirmative and powerful about doing some. thing yourself. It gives you faith in yourself.

Like attracts like. This is another Cosmic Law. When you have rid yourself of your negative fixations, you will attract friends who will be like you. They will be harmonious, loving, kind and considerate.

The following chapters will help you with everyday problems.

## Chapter 7 HARMONY WITHIN

The importance of gaining and maintaining harmony within cannot be too strongly stressed. This involves treating your subconscious mind in the same way that you treat your conscious mind. It is not lower or higher in anyway than your conscious mind. It is on the same high standard as any part of you. Each part is equal in importance. Each part merely has a different function within your unit. No one part can work properly for you in anyway without the cooperation of the others. For example: The more consideration you show another person, the more harmony you will have with them, and the more you will receive from them. The same is true of the relationship between your conscious and subconscious minds.

You cannot breathe or move a muscle with, out your subconscious mind. You would not have your memory without your subconscious mind. You would not function without your subconscious mind. Treat it with respect and love. It is imperative that you make a good harmonious contact between your subconscious mind and your conscious minds.

If you force your subconscious mind to do something, even though you consciously think it is good for your complete unit, it may become angry with you and decide to "get even" be. cause of your demanding attitude. If it does become angry, it can inflict all kinds of dissension upon you for its "revenge." Always explain to the subconscious mind the reason you are making a suggestion to it. Treat it with love and kindness.

Many people have a very disharmonious relationship between their two minds, and it is very important that this be corrected as follows: When you place yourself in the Silence, you may be able to mentally talk to your subconscious mind. If you are able to do this, ask your subconscious mind to forgive your conscious mind for all disharmony it has caused in the past. Then consciously forgive your subconscious for the disharmony it has given you in the past. Explain consciously to the subconscious mind that you would like to work in harmony with it from now on and for the subconscious mind to please work in harmony with you and everything in you. In this way, your entire unit will become perfect. Create a love between your two minds and everything in you. As soon as your mental component parts start working together in harmony, they will work as one unit for the perfection of your complete unit.

Example: If you consciously desire to stop a negative fixation such as smoking, place yourself in the Silence and say mentally to your subconscious mind:

I believe excessive smoking is harmful to our body or unit. It places poisons in our being. The blood picks up these poisons and carries them to our complete unit. This is poisoning every cell in our unit. This is a scientific fact proven by modem science. Therefore, my subconscious mind, don't you believe we should stop smoking for our own safety and for the good health of our complete unit? Another good reason we should stop smoking is that we are wasting money on tobacco that we could use many other ways. We would be more considerate to others who do not have this habit, for the smoke annoys most people who do not smoke.

Subconscious mind, don't you think we should stop smoking?

Should it answer "yes," then say: Please work with me and we will not have the desire to smoke any more. We will stop smoking now!

Warning: If you are smoking heavily, such as three to five packages a day, it is better to cut down for a week or so prior to the complete stop. The complete change to nonsmoking, under such circumstances, would be too severe to your complete unit and illness would result.

If the subconscious mind does not agree with the reasoning, dismiss the mental conversation at that time and try a week later with more good reasons to stop smoking for the good of your complete unit.

You must always get the subconscious mind to willfully work with you at all times. If you do not, it may cause you to become ill or cause you to have an accident. No one likes to be forced to do anything, and the subconscious mind is no exception. As stated previously, it may decide to take revenge against you if forced to do something that it does not believe to be true. When working with your subconscious mind, it is very important that you always treat it with love and understanding.

These chapters are given for your self-mastery. A great teacher once said, "If you master yourself, you can master all the spirits."

Everything that has been written here has been tested and proven by many people.

If you have harmony within, you will be in harmony with all life.

The advanced lessons for removing mental complexes from your own mind will be taught step-by-step in the coming chapters. Removing your mental blocks and creating unity within will be one of the greatest things that has ever happened to you. Self-realization and God-realization are the greatest of all things.

## Chapter 8 THE EGO BODY

We have seven major bodies. One of these bodies is the ego body. This body is divided into two, positive and negative ego. Positive ego is good, and it must be there. It acts as true pride.

Example of positive ego: If a woman took great care in baking a cake and it turned out very good, she would have cause to look at the cake with admiration and a feeling of gratification. This would be true pride or positive ego.

Example of negative ego: If a woman were talking over the fence with a neighbor woman and telling lies about the woman who lived across the street from them, she would have a good feeling of satisfaction in telling lies for a few minutes, for she would be feeding her negative ego on that which it thrives. However, after an hour or so, she might feel bad for having lied like she did.

Negative ego is something that controls most people all of the time. It is the part that makes us dislike many things. It is the part of us that makes us argue. It is also the negative part of us that enjoys hurting someone that has hurt us. A very wise teacher once said that the only difference between you and Christ is that you have a negative ego. Another wise teacher said, "If you want to know if you have any negative ego, this is how you can tell: Anyone that says or does anything that would offend anyone or anything has negative ego."

Contradiction is very negative. If you contradict anyone, you will surely have an argument and then a fight. All arguments, divorces and wars are caused by contradiction. You can discuss any matter intelligently without contradiction.

Example: Two people were talking about the height of a wall. The first one said, "I think the wall is four feet high." The second person, not wanting to argue but wishing to express his opinion, would say, "It is possible that the wall is four feet, but it appears to me to be three and one-half feet high."

Notice that the second person did not contradict the first person. If the second person had said, "No, it is not four feet high. It is three and one-half feet high," there would have been contradiction and possibly an argument.

Just to know about negative ego is a great start. Just by knowing of it, we have the battle half won. We must not say anything that would irritate or offend anyone again. This will strengthen our magnetic fields around us and remove the dissension from them, thus, giving us better health and more mind power. Remember, like attracts like. If you offend others, they will offend you.

Negative ego is an abnormal growth on the subconscious mind. It controls the subconscious mind and the subconscious mind controls us, thus, making our actions and speech what our negative ego is. Every argument you and I have ever had was caused by our own negative ego. We have always pointed out and thought that other reasons were the cause of our arguments, but the truth is that our own negative ego has caused every argument and all dissension we have ever had. This is true with everyone. Let us get rid of all negative ego and we will become strong and lovable.

Reread this chapter on ego. Understand it. This knowledge will surely make your life and you a much better person in every way. Meditate, concentrate and think about your past arguments and past dissension and see whether they have caused all of your troubles. Negative speech, contradiction and negative ego have caused everything undesirable we have ever had. Let us be well aware of it and change.

Let us think and speak positively so that only positive things will happen to us from now on.

## Chapter 9 HAWAIIAN MAGIC

When lecturing, teaching a class or welcoming anyone on "the path," I always like to use: the word GREETINGS! In Egypt many thousands of years ago, the word "Greetings" (as taught to the occult students by the high priests and Masters) meant: May the Divine Infinite Mind grant you the ability to receive that which you desire. This one word is a most outstanding and powerful prayer when understood and spoken with emotion. Always remember that emotion gives power behind our spoken thoughts and words.

The difference between the thinking of an advanced metaphysician and one who is not is the fact that the advanced metaphysician has developed the ability to change his way of thinking. For hundreds of years some of the dogmatic teachings which lead the people of this planet have been unchanged. There have been wars, dissension, poverty, diseases- yet they do not change their way of thinking to alter the effects caused by the Cosmic Law: Cause and Effect.

If we want to receive knowledge and obtain wisdom, we must first have the ability to change our thinking, consciously and subconsciously. You have been told that our subconscious thinking completely controls us. That which is embedded in our subconscious minds by our teachers, associates and parents when we are young is that which controls our entire lives. The more we understand the workings of our own mental parts, the more we know ourselves. To know ourselves is to understand our mental capacities, for our subconscious minds do control our complete units in every way.

In the Hawaiian Huna religion of old, the Kahunas or high priests were very intelligent along this line of thinking. They did not give their fellow men a large group of commandments with which to adhere. They understood that if they did and these commandments were broken, it could cause sin and guilt complexes which would create a great disharmony between their conscious and subconscious minds. This disharmonious condition would result in poverty, sickness, disease and accidents. Although this teaching was given hundreds of years ago and was outstanding in its day, it was kept very secret, and the writings of such teachings have disappeared. But they did exist and were handed down from father to son for many generations by the Kahunas.

While living in Honolulu; I was fortunate enough to find a living Kahuna to teach me this wonderful magic! I am passing on this knowledge to those of you who are ready to receive such understanding. With it you may acquire wisdom, perfect health, peace of mind and freedom from dissension and, you can find the most valuable of all things-happiness.

Any good hypnotist can prove to anyone that the subconscious mind completely controls the body and everything within it. For instance, under a hypnotic trance if a person were told he was going to be touched with a hot iron, and the hypnotist touched him with an ordinary pencil, the subconscious mind would accept the fact that he had been touched with a hot iron and instantaneously cause a blister. There are many other ways to prove that the subconscious mind completely controls everything within us.

The lower section of the subconscious mind is the part which controls our breathing, heartbeat and many other unconscious activities within the physical being. The subconscious mind has a very small amount of analyzing power compared with the conscious mind. If a thought is implanted in the subconscious, it is accepted whether it be planted there by the hypnotic trance or with repetition. The beautiful part about the workings of the subconscious mind is that anything which can be implanted in this mind, and which it accepts, can be removed or altered by the same technique.

To define the mind in three parts, there are (1) the conscious mind, (2) the subconscious mind



and (3) the superconscious mind.

- The CONSCIOUS MIND is the portion of our mental ability we use consciously or are aware of all day long. It is responsible for our analyzing ability.
- The SUBCONSCIOUS MIND controls the emotions and the entire unit.
- The SUPERCONSCIOUS MIND has been blocked off and it is not in use with most people because of the complexes held by the subconscious mind.

The object of this teaching and of this book is to clear away the obstructions or mental blocks called "complexes" so that we may be relieved of all dissension within our mental bodies. This allows the superconscious mind to become active and take its working part in this unit.

The key to the use of the subconscious mind is the ability to enter a mental condition termed "the Silence" and to communicate with it while in this condition. We have elaborated upon the Silence in Chapter 3 of this book.

Remember: Dissension such as poverty, sickness, accidents and diseases are caused by three things held by the subconscious mind:

- (1) Negative ego such as to dislike anything or to hate anything.
- (2) Undesirable or negative fixations or bad habits embedded in the subconscious mind.
- (3) Sin, guilt and fear complexes which are held by the subconscious mind.

The complexes are created by breaking the Ten Commandments. The subconscious mind held fast to this teaching, and whenever we broke a Commandment (which we all have thousands of times) the subconscious mind recorded this as a sin complex. It believes we should be punished for the sins we have committed.

"As a man thinketh in his heart, so is he." We are as we think—subconscious thinking—this means. Therefore, we MUST alter our subconscious thinking and eliminate all dissension for all time. The subconscious and superconscious minds are the ones which are a medium between us and all other dimensions.

To become clairvoyant, clairaudient and clairsentient, one must learn to use his subconscious and superconscious minds in harmony.

## Chapter 10 REMOVING MENTAL COMPLEXES

Removing the complexes from a human's mind is the most important thing on the face of this planet for every human to know, understand and experience. It is an impossibility for anyone with a complexed mind to have good health, prosperity, peace of mind or anything else intended for us.

A complex is an idea or group of ideas which create disharmony in the subconscious mind. Almost everyone is complexed unless he has lessons similar to these to gain the knowledge and wisdom to remove his complexes. Every time we break one of the Bible's Ten Commandments, we are adding a complex to the group of complexes in our subconscious minds.

When most of us were young, we were taught the Ten Commandments. Through repetition of teachings, the mind, without analyzing, registered that the Commandments were not to be broken. If they were broken, there would be severe punishment. Therefore, when we break a Commandment consciously, the subconscious mind registers this in its memory bank and, eventually, it will make us compensate for what it believes we have done.

We are as we thinketh SUBCONSCIOUSLY!

Our own minds will punish us. Our own subconscious minds will inflict disharmony, sickness, accidents, poverty and bad luck ONLY BECAUSE we have consciously broken (accidentally or deliberately) one or more of the Commandments registered in our subconscious minds while we were young.

This does not mean that the Ten Commandments, which are embedded in our subconscious minds, are not correct. If it were possible to live a normal life and not break the Ten Commandments, the mind would not be complexed. The majority of us find that it is almost an impossibility to go through life and not break one, two, three or more of these several times every day. Highly complex people break ALL the Commandments many times within a seven-day period.

We have found that the majority of humans walking on this planet have over two thousand complexes in their subconscious minds! These are in two groups:

Sin complexes.

Guilt complexes.

Fear falls under the category of a fixation, not a complex. .

The more complexes you have, the more miserable your life will become, for your own subconscious mind will make it thus.

An example of this would be that some of our large Christian religions teach that it is a sin to divorce. In many cases, whether the church teaches this or not, people do divorce and do remarry. They have brought on this sin complex themselves, and it causes a great deal of hardship and misery throughout their lives. This is only because their subconscious minds believe that, if they divorce and remarry, it is against God's wishes and, therefore, they have sinned. Their own subconscious minds will levy a heavy penalty against them in the belief that they have sinned.

One of the greatest complexes which is added to most subconscious minds is: "It is a sin to tell a lie." Millions of people tell many lies every day. Some forms of business and society depend on this for their functioning. If you were to tell a person the truth about how he looked in some

cases, he would be offended, so you flatter him with false statements to stay on the good side of his nature.

Each time one of these lies is told, it is imbedded in the memory banks of the subconscious mind. These lies will have to be compensated in one way or another in a very undesirable manner.

In the past, some of the Messiahs have known these truths and have told the people in various ways: "Ask and ye shall be forgiven."

There are several ways to remove deep-rooted and shallow-rooted complexes which would jeopardize our health and prosperity. This author is familiar with three distinct, proven methods which work very efficiently for anyone who would exert an effort to rid himself of his complexes.

It should be brought to the attention of everyone that it does little good to rid one's self of these thousands of complexes if, on the following morning or the hour that follows, the same Commandment is broken again. This only fills the subconscious mind with new complexes.

Therefore, we will start at the root at the foundation. There is a commandment from Hawaii of old which is almost universal in this planetary system of ours.

This is the commandment: HARM NOTHING WITH HATE!

If you can get both your conscious and sub. conscious minds to accept this commandment, you could go through the rest of your life doing many things the commandments say not to do, breaking the laws of society and, possibly, even being thrown into jail. You would not be breaking a law that your subconscious mind has accepted as truth, and you would not be punished by it. The true meaning of the commandment from Hawaii conveys a deep abiding love for all life. If you accept this commandment and have a deep abiding love within you for all life, you WOULD NOT deliberately harm any form of life.

The first thing we must do is to accept this commandment consciously, analyze it and then embed it in our subconscious minds. We must rid ourselves of all other Commandments and substitute the commandment: HARM NO ONE WITH HATE.

To illustrate this commandment: If you were driving down the street and accidentally ran over any living thing, a dog or any type of animal, according to the old Commandment, "Thou shalt not kill," you would have sinned. This Commandment does not stipulate any ifs, ands or buts. It just says, "Thou shalt not kill." You would have sinned for the subconscious mind knew you had killed the dog, whether accidentally or deliberately; therefore, you would have a debt to pay in its view.

In accepting the commandment, "Harm nothing with hate," if you did not hate the dog and did not run it down deliberately, you would not have sinned. You would not have put a complex in your subconscious mind.

In the Silence and meditation, if you pray to God with sincerity, with all of your mental capacity, with your heart or your subconscious mind and ask for forgiveness of all the sins you have ever committed in all past lives and existence prior to this, you will be forgiven.

It is as simple as that!

It has been taught down through the ages by the Messiahs and the Masters; but millions have overlooked it because it was not presented so that they could comprehend the words and actually apply them, although they wanted to.

We are trying to apply this knowledge in a manner which will convey the idea to you in a group of words, and in two or three different kinds of terminology that you may understand.

At this time, it is essential that all students be warned that when their complexes are cleared from their minds, they have a wonderful, powerful ability of mind power. It automatically attunes them to the God powers that be — very intelligent and powerful minds of which we are directly a part.

It is possible to attain what is termed the "power of the Spoken Word." Whatever humans who have been cleared of all their complexes say, ESPECIALLY when spoken with EMOTION AND SINCERITY, will happen. Nothing can stop it, for they are creative. They are not a part of the God power; they ARE the God power! The blocks are removed for the full Infinite Divine Mind to work through them.

For those of you who cannot understand these words and accept them, it is still wonderful to be cleared of complexes, for scientifically your minds will work in harmony; therefore, no sickness, disease, poverty, or accidents will be permitted to happen to the physical body.

As long as there are complexes, there is a disharmonious condition between the person's subconscious and conscious minds.

Another wonderful thing which takes place in removing complexes is that the superconsciousness (or Higher Self as termed by the Hawaiians of old) is allowed to function in the physical body where it belongs. It is many, many times more intelligent and more powerful than our present thinking ability. This allows the conscious, subconscious and Higher Self to work in unity and harmony. It unfolds wonderful attributes which each and every human should have and was intended to have such as clairvoyance (a keen sixth sense) and five strong physical senses (to be able to see, hear, touch, smell and taste).

All of these wonderful things open a new life. You become very psychic, very sensitive and you learn to obey the Cosmic Laws at our disposal. You also learn to ride out the sea of life smoothly and harmoniously.

You will never forget this knowledge. You will retain it from now on throughout eternity. It will evolve you very rapidly to many high dimensions when you pass through transition or death. This is one thing you will not lose; you will retain it always, and it will be beneficial in all other dimensions to which you will eventually go.

By the method of prayer which has been mentioned - sincere prayer - in the Silence-ask for forgiveness with all your heart and you shall be forgiven. This is one of the fastest and most positive ways to remove your complexes. In the pages that follow, I will give you a detailed prayer that you can use to remove all your sin complexes.

While in Hawaii in 1964, this author taught one of his associates, a charming lady, the same teaching you are receiving now, and told her for seven days and seven nights to pray to God and ask for forgiveness of her sins - of the things that complexed her mind. A miraculous thing happened! At the end of the fourth day, she returned to this author and attempted to tell in words a most extraordinary mystical experience, which she had had.

She termed it "self-realization." She understood and realized who, what and where God was within her own being. She knew that all the complexes were removed from her mind. She was checked out by some who had gone through this, thus opening their sixth sense or their intuition. They verified that she was definitely cleared of all complexes. She was warned to speak positively, never once to speak anything negative, for what she said would happen.

This teaching has been definitely proven. There are hundreds of people with whom this author is closely associated who are definitely cleared of all complexes. There are many more who are cleared of complexes but are not aware of it.

It is possible with this knowledge to clear all of another person's complexes in less than five minutes; however, it is a good policy for you to do it for yourself; then it is permanent. If you do it for someone else, it does not last.

There is a LEE power which depends entirely on the electric currents, which we have mentioned before, in the human body. It does not depend on outside use or power in any way. This is a wonderful way to help in clearing complexes. As taught in earlier chapters, you can use your magnetic power in your own body through your hands and your will power. This will assist the prayer method given further in this chapter, but PRAYER ALONE with sincerity will

remove every complex.

YOU ARE AS YOU THINKETH –  
AS YOU THINKETH SO SHALL YOU BE.

In reality, we have never sinned. We only thought we had sinned. If your subconscious mind can comprehend this knowledge - if you dwell on this - your complexes will automatically dissolve and you will never be complexed again. There is no such thing as sin - only your own thinking makes it so. There is only lack of light or lack of understanding, and this is what we have termed sin or evil.

It is most important that you enter the Silence and meditate upon the people or the person who has harmed you the most in your life time. In most cases, it will be your own mother, father or your mate. It is always someone very close to you, that you have loved and that has loved you. You must speak aloud with sincerity in this manner:

"The person I am thinking of now has harmed me very much, hurt me mentally and sometimes physically." Then you say the person's name aloud. If it was your mother, you say, "My mother, you did not have this teaching. You were very negative and had a negative ego. You were not in the understanding. This makes it easy for me to forgive you. Before God as my witness, mother, I forgive you with all my heart and my soul." Then when this is complete, you continue on, "And all the people, all the animals and all things, I forgive -you with all my being. I mean it. I mean it with all my heart and soul!"

After you have done this, you are ready for the most powerful prayer ever to be presented. Place yourself in the Silence, take a deep breath and hold it until it is uncomfortable and then exhale. Do this at least three times—inhale, hold and exhale. Then you are ready, breathe slowly and deeply. Remember: You are to speak aloud with all the emotion and feeling that you can possibly put forth.

Say:

*Dear God! Universal Mind! God of all Gods! I am asking with- my heart and soul that you forgive me of all my sins now! Dear God, before you as my witness, I have forgiven those who have trespassed against me. I have been told all my life that if I ask for forgiveness, I shall be forgiven. I am asking with all my being that you forgive me now. Oh Lord, King of Kings, God of Gods, forgive this thy unit for all the sins I have ever done, all the sins I have ever inherited or accumulated in all space and time! Thank you. Thank you, God. Thank You. Thank you. Thank you. Amen*

Then at another time use the following prayer for removing guilt complexes (Be sure to enter the Silence and speak aloud with emotion and feeling and with your full mental bodies.) :

*Dear God, Universal Mind, forgive me for all the things for which I have felt guilt. I am now forgiving all life that has sinned against me in anyway! Infinite God, forgive me now for all things I have been guilty of! Thank you. Amen.*

The following prayer is used for removing fear fixations (Again be sure to enter the Silence and speak aloud with emotion) :

*Infinite Divine God Power! Mind of all Minds! God of all Gods! Remove all fear of ALL things from me NOW! Oh Jesus, Master Jesus, take fear up from me now! Take it up! Take it away! I want to fear nothing, so Dear Master Jesus, remove all of it from me now! Thank you, Jesus. Thank you. Thank you. So be it. Amen.*

There is no use removing your sins or guilt if you hang on to what gave them to you in the first place. Remove the Ten Commandments from your subconscious mind in meditation, in the Silence, by the method we have spoken of in earlier chapters of this book and adopt the new commandment: "The only way that I can sin again is to harm anything with hate." This will free you from

the cause of the effect, and you will never be sin complexed again if you do not harm with hate.

You had never sinned in the first place! Only your subconscious mind thought you had. There is no sin-only your own thinking makes it so.

The key to this method of sin and guilt removal is the state of Silence. You must be forgiven subconsciously, for you sinned subconsciously. The prayers that have been given in this chapter are very powerful. It has been proven that they work hundreds of times, thousands of times and soon, millions of times. It is suggested that you reread the prayers, memorize them, and say them just as they are written with all the emotion and mind power that you possibly can. Speak them aloud, shout them aloud, yell them aloud, if need be, but be as EMOTIONAL as you can. Our power is in our emotions.

You will enjoy the occult magic to be given in the following chapter.

## Chapter 11 CASTING OUT DEMONS

In this chapter, we branch out from complete mental science to a variation of the mental and spiritual sciences.

It is a fact that while in deep hypnotic trance, you are dealing with the soul or spirit of a human being. Anything alive with a mind, whether visible or invisible, can be hypnotized by a person who has mastered this type of training and excels in the art of hypnosis.

In some mystery schools, most of the students have to take oaths not to reveal the teachings which are presented. This is the main reason it is hard to find applicable knowledge that you can use, when instructed in book form such as this. However, some of the advanced Kahunas and mystery seekers attain their knowledge and wisdom through meditation, contemplation, assumption and oneness; then they can write that which they desire without breaking an oath to anyone or anything. It is by this means, most of this knowledge is being channeled to you.

Many times it has been stated that nothing will be taught which has not been proven to be true. These things may seem strange to you. They may seem absurd, but if you will allow yourself to be open-minded and believe that everything is possible, if you will accept this consciously, you will have opened your mind to a wonderful, great teaching.

It is a fact that two-thirds or more of the members of the human race on this planet are possessed with entities, other than their own, within their units. It would be an impossibility for any of these people to be obsessed by earth bound entities, obsessions of all types, if they were not heavily sin complexed. Having a complex in one's mind opens the gate, so to speak, to allow intruders to enter. Intruders should not be there. They drain one's energy and strength. In some cases, they change the personality of a human being. This is termed "split personality."

This author has found from his own personal experience with people, whom he and his associates have depossessed, entities which do not belong within their units. The average number of possessing entities is from one to three. However, in the past, by observing the Kahunas in Hawaii using the ritual of depossessing, healing and curing human beings, there have been found many obsessions in one person. One woman had 14!

On one occasion, a person who had traveled across the ocean to a Kahuna for help was found to have more than fifty invading, undesirable, attached and possessing obsessions from the so-called spirit world who took almost complete control of him at times.

There are several ways of depossessing obsessions of this nature. At this time, we are only interested in that which has been proven beyond any doubt.

The lessons on positive speaking develop your concentration and automatically start the reaction for depossession, for anything undesirable within a person cannot stand the rate of vibration of the higher, brighter magnetic field or aura throughout the unit of the individual. Therefore, those of you who have studied the previous chapters are well on your way to self-mastery, and the ability to help yourselves and others with spiritual and mental problems.

It is possible to speak with these intruding entities if the person is placed in a hypnotic trance. The entities use the vocal cords and mouth of the hypnotized person in which they reside, and lengthy conversations have been held with them. It has been found who they are and why they are trapped, so to speak, within this human - and much knowledge along these lines has been gained in talking to the hypnotized person and to the intruding entities.

The exorcism ritual will remove entities with in a person. You can remove an entity from a person, but do not forget the first of the 33 Cosmic Laws - Self-preservation.

It is not wise to do this without an understanding of how to protect one's self and one's loved

ones, for when the demons are cast out, they are free to roam. They would obsess any one who is highly complexed and in the vicinity where you are, unless they have had the teachings and have the rate of vibration to make them safe. Therefore, it is very essential at this time to create a white light throughout yourself and those who are present for protection against intruding entities cast from others. This is most important, for self-preservation is number one.

After you have mastered the previous chapters, you are able to do this for you have developed your concentration power and your visualization power very strongly.

For those of you who have not succeeded in mastering the first part of this book, especially of ridding yourself of negative ego and creating harmony between your conscious and subconscious, do not attempt this spiritual work. Fools tread where angels dare not.

Another method for depossessing demons is the use of LEE power which was mentioned earlier in a previous chapter.. It is a simple way that uses your own electric current or the subject's current within his own body and unit to heal and knock out all undesirable things from him. It does little good to depossess a person of his obsessions unless he tries to correct the conditions that caused him to be possessed in the first place. He should practice positive speaking, and he should attempt to remove his complexes before being depossessed by a person with this knowledge. The most important thing that he can do is rid himself of negative ego as much as possible.

After depossessing the invaders, it is wise to put a protective light about the person, the same as you did around yourself before you started. This will keep the invaders out for a short time. Whether the person remains completely depossessed depends entirely on the person's thoughts, positive speech, and ability to remove his complexes and conquer his negative ego, for it does no good to chase out the invaders if the gate is not closed afterward.

The things you are being told have been kept secret by those who have learned this knowledge and science in the past, but it is this author's belief that it is wrong to hold such knowledge for one's own selfish gain and health, for all life should be helped by this knowledge and wisdom. Therefore, this truth is being spread to those of you who are ready. This is divine truth. It has been done and proven beyond a shadow of a doubt.

When you have the power of the Spoken Word and the ability to create a flow of LEE from your hands or eyes, the invading entity must obey you. It will have to obey you. It must exit upon your command.

Jesus Christ, the Master Teacher, once spoke words that meant this, "And you can control all the spirits in the air."

Keep absolute control of your mastery over these subjects at all times, for it is very dangerous to lose control. You could be attacked by these invisible invading forces. For those of you who had private lessons in the ritual of protection, it is wise to use the Huna Salt Ritual or the magic circle drawn around you and your loved ones or your associates before attempting such an undertaking as you have just been taught in this chapter.

Some of you have been taught these things by other teachers. It is good to hear science from every aspect, but please do not forget that words sometimes are confusing. Many teachers say the same thing as presented here, but in words which may confuse you..

Obsessions are sometimes termed "demons" or "earthbounds" or anything from a dimension or place where they are accustomed to living due to their own rate of vibration. All obsessions are not undesirable. Some are trapped in human beings because of lack of understanding. In some cases, the strong bond of love will attract a deceased relative into a human being, but in most cases it is hate.

It is best never to dislike anything, for dislike is truly hate. That which you hate, you will attract to you. This is the law: Like attracts like. With love you would attract good, kind, helpful things - with hate you would attract negative, undesirable, harmful things.



Those of us who have received the teaching of what to do with the depossessed entities, who have been taken from a person, have learned that they are usually handed to a spirit guide or Aumakua and taken to the proper dimension for understanding and teaching, so they may not repeat that which they have done.

In depossessing a person, many things are accomplished that are wonderful. You are helping the possessed person as well as helping the possessing entity by releasing it and sending it where it belongs, where it will receive teaching and training and healing. You are compiling a positive karmic debt for yourself. In helping others, you will be helped in many ways.

In using the knowledge and wisdom you have been given, it is essential to use a strong command and desire that if the invaders should become unruly, you will burn them with the rays of LEE, and they must do what you say. They have to do what you say, for you are dealing with unenlightened minds. Sometimes the only thing they understand is force; therefore, if they do not obey your command, **MAKE THEM!**

In some cases, they do not understand love and affection. They are of a negative nature, or else they would not be harming another individual. They are like a mad dog—you must use force in this case. You use mental power applied with LEE, which is all powerful, and which will bring great pain and a burning sensation to them when applied.

Do not limit yourself with your own thinking. Mind is all powerful. When applied in the right direction, miracles can be accomplished!

If you have mastered the previous chapters of this book on positive speaking, sin complex removal, negative fixation removal and negative ego correction, you can master these undesirable spirits. If you have not mastered that which we have taught here, it is suggested that you do not try to master these undesirable spirits, for you would not have sufficient power to control them.

## Chapter 12 ASTRAL AND ETHEREAL CONTACT

The author of this book has spent several years in the tropical paradise of the Hawaiian Islands. While he was there, he had some of the most wonderful experiences, both materially and spiritually. When, in this beautiful Aloha State, he experienced some of the most wonderful contacts in the astral dimensions and ethereal planes.

There emanates over the state a lovely, pleasant lavender ray. This ray has a soothing, awakening, quickening sensation on psychic unfoldment. This is not only the author's opinion, but also, that of his associates who came to Hawaii from the mainland and who were metaphysically minded and on the pathway of truth and knowledge.

In this garden spot of the Pacific, many people have mystical experiences. Every day their wonderful unfoldment and psychic attributes are discussed enthusiastically.

The Kahunas or high Priests are learned men with wisdom and knowledge from their ancestors and are called on for many things—healing, personal problems of the people, understanding, leadership and guidance. There is a shroud of mystery about these Kahunas, these men and women with this knowledge, and there is a pleasant understanding smile on their faces when they see the magic at work.

The Kahunas of Hawaii depend upon their mediumship to contact the Aumakuas. The word 'Aumakua' is similar to "spirit guides" or "guardian angels". They are able to place themselves in a certain mental condition and attune their minds to the gods and goddesses of their islands. They are told many wonderful things, and in some cases, the Goddess Pele and many other gods and goddesses, well known to the Hawaiians, are in contact mentally with many of the people a large part of the time. This goes on throughout this entire planet—it does not necessarily have to be Hawaii. It can happen any place. It makes no difference.

If the student has an open mind and has undergone the previous lessons and has realized and mastered them, he or she is ready for mediumship or contact with the astral and etheric dimensions.

Those students who have applied themselves and have mastered the earlier lessons in the Silence have paved the way for this wonderful science termed, "mediumship". There are several types of mediums. There are the MENTAL MEDIUMS, who make contact with whomever they desire by using their abilities to slide or shift their conscious minds to contact the subconscious mind of another entity, whether embodied or disembodied. This creates a rapport of mental communication similar to the radio, television set or the telephone. Universal language is "thought" when you communicate with someone who does not speak the same verbal language as you. If you attune through mental mediumship to such an entity, whether in or out of the physical body, the mental communication would be in thought, and you would understand his thinking and he would understand yours.

The language barrier in mental mediumship does not exist, for everything is relayed in thought and sometimes in thought pictures. For those of you who have studied in the spiritual schools and churches, mental communication with an entity such as a deceased relative or ancestor is common. It is an everyday occurrence among many of these people. It is an accepted occurrence which they have lived with for years, and they actually communicate with minds from other dimensions other than the physical. There are thousands of human beings who can do this and do it every day.

Then there is the type of mediumship called TRUMPET MEDIUMSHIP. This is usually held in the darkness of a séance room. It is usually essential for a professional medium to have the room dark for scientific reasons. If there is any light in the room, the vibrations of ectoplasm

would not work efficiently, and the ability of the medium to perform the séance with success would be limited.

There is also the type of mediumship termed MATERIALIZATION MEDIUMSHIP. The true materialization medium has the gift and ability to perform in the séance room and to clothe a deceased entity, such as a parent or grandmother, with a substance called "ectoplasm" which gives the entity a solid form. A percentage of the ectoplasm is taken from the sitters in the room and a large percentage from the medium, who sits in what is termed a 'closet' or a small encased three foot section of the room, separate from the sitters.

We have witnessed such phenomenon and are satisfied that it is fact and not fakery. However, it is very rare to find a true materialization medium. The main reason for this is that there are so many narrow-minded skeptics who may turn on a light switch, and in so doing, kill the medium.

"Knock and the door shall be opened; search and you shall find." These words are true. If you take the time and effort to seek and search for truth, eventually, truth will be handed to you, but you must apply yourself. It is very rare that it is given without application of will and ability to seek.

Then there is the DEEP TRANCE MEDIUMSHIP. There are some very good deep trance mediums. If you seek them out, you will find them. They place themselves in deep trance. By hypnotic terminology, it would be called the "somnambulistic trance". In some schools of hypnosis, it would be called "dead trance". They remove their conscious minds, temporarily, and allow entities to use the facilities in their physical bodies to speak through their vocal cords and the use of their material bodies to those who are present. We have witnessed this many times. It can be accomplished by those who desire to seek it out and to master it themselves.

While in the trance state of the Silence as taught in the earlier chapters, it is possible to attune or to make yourself sensitive to hear the thoughts of an entity. The proper procedure for this would be to call the entity in, whether aloud or mentally, one with whom you are familiar (such as your deceased mother, grandmother, aunt, uncle, Indian guide or specific ability guides). In Hawaii, it would be the Aumakuas. On the mainland, it would be the Aumakuas, your guides or deceased loved ones. In any case, you would summon them into the space around you, place yourself in mild trance and desire mental communication with the mind of the person or entity whom you have contacted.

For some, it is difficult to make mental con. tact for conversation. You may have to depend upon something like a simple "yes" or "no." Find a sensitive place on your body such as the thumb, ear or a tingling of the scalp, with which these entities can attune. This sensitive place will give you a tingling feeling or a material quiver. Each of you may have a different place on your body, and the entities from other dimensions find these sensitive points and. Can make a good contact with you for "yes" or "no" to any question you ask.

If you can still your mind and be passive and wait. for the thoughts from the entity nearby, you will receive the message which you have asked for. It will flow to you just as though from a teletype or a phonograph recording.

In sending thoughts back, if you are alone or with close friends, you- can speak them out. The entity will hear you.

If you are where you cannot speak your thoughts aloud for contact or communication, use your will 'power and your mind. Think that which you desire them to understand. If the contact is good, they will receive the thoughts you send.

Let me remind you again: PRACTICE MAKES PERFECT. What anyone else can do, you can do.

If you cannot do what we have just mentioned in this chapter, it is because you have limited your own thinking, either consciously, subconsciously or both. It is very important to enter the Silence whenever attempting to do any psychic work.

REMEMBER: Do not denounce any of this work until you have applied yourself and attempted to master it. If you approach these subjects with a broad mind and desire to learn and master them, you will master them easily and be able to do them yourself.

Most mystery schools teach these things, and assign to the students specific ability guides. Usually the first - you receive from such a school, in private or class lessons, are the Indian guides.

The main reason for this is that the Indian is the closest of any of the entities. He depended completely on his sixth sense or psychic ability for his self-preservation, while he was in the material body. He had a full understanding and comprehension of the beauty about him, and he loved it and it loved him. Therefore, the Indian is usually the first in a series of specific ability guides the mystic acquires.

The Indian was very close to Mother Nature, which has been termed "God" by many. The Indian guide would be a good start for anyone needing astral assistance.

A full band of these guides in some mystery schools is thirty-three. This author has received his full band and then some. It is not imagination; it is fact.

There are some mystery schools that assign a chemist - a master teacher, a doctor teacher and a joy guide, etc. Each guide has a specific ability, some to help financially, some for healing and some to give you joy.

The "joy guides" are usually entities who went through transition or death at the age of five or six, and they are often twins, boys or girls. It is their job to keep you from being lonely and to bring joy and happiness into your life. Most deceased relatives and guides we have discussed are from the astral plane or astral dimension.

If you were to break down your unit called the "physical body" into seven parts, the seventh would be the material, the sixth would be astral and the fifth the etheric.

The astral, in some cases, is very dense and can be seen with the physical eye on an Occasion. It can be seen at all times by a clairvoyant, and on some occasions, can be felt as a light feathered touch or tingling.

The ability to sense or feel an entity from the astral dimension touch you is termed "clairsentient"

The etheric plane is of a higher rate of vibration and to contact the etheric beings would be similar to contacting angels, or souls evolved high in spiritual dimensions in and around this planet.

There are other dimensions higher and finer than this, but this shall be kept for later teaching. At this time, we shall proceed to understand and learn about the astral and etheric dimensions.

There are several material things which can assist us in mental communication with the astral and etheric dimensions. There are some stones that contain a large amount of LEE, which can be held in the hand and placed on the forehead.

The one mentioned by Edgar Cayce is a beautiful green stone, and it is said to be of great assistance to all psychics. This is called the LAPIS LINGUA. It is a by-product of copper in its raw state from the copper mines, a green rock, fairly soft but hard enough to obtain a polish.

A person's own birthstone, if it be genuine, is the best assistance for attuning to any dimension desired. You may either place it on your finger, mount it on a ring or hold it on your forehead and know of its occult value to help you make mental communication with whom ever you desire.

Then there is the TEL-THOUGHT STONE. This is used by advanced metaphysicians for contact with outer space and outer realms. This stone, which consists of spar, preferably Alaskan spar, is placed upon the forehead and used for a transfer or frequency change for mental rapport With whomever you desire to communicate.

The types of mental communication mentioned here are for the person on the path to an understanding of realization. However, as we climb and realize that there is but One Mind, and we are that One Mind, we have but to realize that we can communicate with anything, any place, through the One Mind and it can be done. Before anyone can attune into Oneness with the One Mind, a great amount of cleansing and purifying must be applied by using positive speech, removing negative ego and becoming very humble.

When first starting this work, it is important to be quiet, restful and at ease. Find a place where you can have solitude and no distractions of any type. Practice makes perfect. A good mental medium can make contact any time, any place, under any conditions, even in a railroad station where there is confusion and noise. The beginner should make it easy for himself and surround himself with peace, tranquility and quiet. This is sometimes termed "the Silence".

You must enter the Silence, materially and mentally, in order to attune to these astral and etheric dimensions. It is not wise to continue this for any great length of time, for you are using your supply of energy or LEE stored in your glands. You should not make this a continuous every hour experience, or you would deplete your energy. To begin with, once a day or once every two or three days, not to exceed five minutes at a time, is sufficient.

Another thing to bear in mind is the fact that if you have mastered the earlier chapters in this book, you can control an entity if you desire to do so, in or out of the body, and it will do your bidding.

Again I remind you: There is a law of Karma. Do not misuse this knowledge. You may escape civil punishment of man-made laws, but it is an impossibility to escape the punishment of your own minds. It would be a disgrace and a wrongdoing to use material objects for selfish gain, but it would be evil to use mental power and spiritual knowledge for selfish gain, and the compensation would be most horrible.

We have seen human beings do this - black magicians at work - and have seen the dreadful, horrible things which befall them: incurable diseases, insanity all types of evil, negative conditions which they acquired because they have misused the knowledge and wisdom presented to them.

If anyone misuses, ridicules or destroys any of this author's work, he would not escape punishment, for this would be an injustice to a messenger of truth, and the compensation levied from his very own mind for such a deed would be most dreadful.

Bear this in mind and take heed. Use caution and the gods will be good to you. If you treat this work with kindness, consideration and appreciation, your own omnipotent power within you will see to it that peace of mind, health, prosperity and happiness will be yours.

The lessons to follow will be most beneficial for you in every way possible. I strongly suggest you do not misuse them, as they are for your benefit, understanding and realization.

## Chapter 13 UNIVERSAL PLANETARY CONTACT

We shall now give you very important and enlightening knowledge on experiences with planetary contacts. Flying saucers have been seen all over this planet many times by thousands of people. They are nothing new. In my search for knowledge, I have found that since recorded history was available, very strange and unusual bright objects were sighted in the skies around this planet and recorded on film and in documents.

In one particular case, the King James Version states that Jesus left the sight of his friends forever and ascended up a shaft of light into a brilliant light. It is very possible this was a shining disc or a planetary vehicle carrying him to another planet or dimension.

Many metaphysicians have taken the time and trouble to search out this truth since they first heard of it. They are convinced that planetary contact is not only possible, but a fact.

There are several reasons why the governments of this planet prefer to keep this knowledge secret. It is for the benefit of all people that the source of energy or power in these planetary space crafts be kept Secret at this time. The most important of all these reasons is economic. If the truth were known of the source of energy used to create speed in their saucers and spaceships, it would upset our economic system and our present day stock market. This is because oil and coal are the predominant fuels for motivation in all industry on this planet. If this were to be changed instantly, overnight or within a few weeks or months, it would cause a great catastrophe to the stock markets of the planet, thereby, creating a most undesirable financial and economic condition.

Most contacts made by the flying saucers or space people are of an astral or etheric nature. By practicing and mastering the mediumship ability given you in the previous lessons, planetary contact would be very easy for you.

You will never know if you can contact life on other planets until you try. Those of you who need assistance, in this particular phase, may contact this author for private instruction. Not all of the wonderful works can be put in written in one book for everyone. .

While residing in the beautiful land of Hawaii, I was contacted by the astral beings from the planet Venus for several nights in succession. They made contact with an associate of mine, took her astral body with them on their trips around this planet, and saw to it that she relayed all experiences and messages verbally to this author. She appeared to be in a sleep or trance state and spoke of her experiences as they were happening to her.

On one occasion, the beings from the planet Venus had descended to Earth in a flying spaceship we term "flying saucer", held it suspended at some height and floated down in their astral bodies in their spacesuits. It was described to me and made clear at the time what was happening and why. She was usually taken from the physical body upon their request. They had the knowledge of how to place her in the particular trance state they desired in order to take her astral body with them. It was interesting to note that, in every case, they used a mental term we "call fear" or "shock fear", which instantly put my associate in deep trance and released her astral body for astral flight.

One particular evening, she described having put on the spacesuit prior to entering the flying saucer; and then actually told of being guided in the control and operation of the spaceship which was flying very rapidly, approximately twenty thousand feet above the Earth.

Now, my friends, "As above 80 below" is an ancient axiom that is very true. Just because there are planets about us, astral and etheric between us and other material planets, does - not necessarily mean that these entities are all good.

We have found that, sometimes at the embarrassing expense of human beings, the entities experiment to satisfy their own curiosity and to attain knowledge from a medium in the physical body. This is something that is well worth knowing. Those from other planets MUST and DO take orders from a human who is embodied in the physical, if he has a cleared mind and the knowledge of how to do this. So, man in the physical body with knowledge and wisdom has no need to fear anything from any time or place.

One night the associate I have mentioned was in astral flight, and they requested that she do something which she did not care to do. It was nothing undesirable; it was just against her will. This upset me and I wished to bring her astral body back into her physical body..1 mentally summoned an Aumakua to go to the place, take hold of her astral body and return it safely to the physical body. After being given a charge of energy, the Aumakua easily followed the aka cord to her astral body and returned her to her physical body.

This was all done in less than sixty seconds of our time. Upon returning to the physical body, my associate took a deep breath, a sigh of relaxation and awakened from the trance state in which she had been.

She was not bothered again by the beings from Venus, with their curiosity as to how and why men on this planet function. Do not confuse these Venusians with the Lord Thinkers on Venus.

To some of you, this will sound fantastic and unbelievable, but let me warn you again: Only your own thinking makes it so. If you have a broad mind pertaining to science in general, you will have such experiences as these and much greater experiences. Knowledge will be given to you from the minds of these visitors, and you will be given outstanding assistance in your spiritual work.

On all planes and dimensions, all is not good. Challenge them, my friends. Challenge them in the name of LOVE, LIFE and LIGHT. If they cannot pass this challenge, they are not worthy to be your associates or to accompany you in anyway, for they may be undesirable and you want nothing to do with undesirable forces from this planet or other planets.

We had a twelve-year-old girl living in the house with us, who was ill. A prayer for healing and assistance for her was answered in a strange way. In the middle of the night, she awakened and said there was a spaceship about three feet in diameter in her room. She said a strange light, that was very warm to her, came from the spaceship and was directed to her back.

Making our hands very sensitive to spiritual and material things, we tested her room and found that an area about five feet from the floor and ten feet from the child still had a strong rate of vibration that was very warm to our touch. So it was proven to us beyond a doubt that there had been an object in the room, which was sent in answer to prayer. In the days which followed, her health was very much improved.

So you see, prayer can be answered in many strange ways. Later it was discovered that this particular spacecraft had been from the planet Jupiter, and that the Jupiterianians were there in answer to our prayers for material assistance to this small child.

"In my Father's house are many mansions—in my Father's domain are millions of dimensions—all are good."

On the planet Venus, there lives an impersonal group of minds who term themselves the "Lord Thinkers". They are wise and very powerful in many ways. They are far superior to our wisest humans on this planet in every way. They have scientific information which surpasses our wildest imagination. Our experience of friendship, love, devotion and compatibility with these Lord Thinkers has put us in attunement with them and they have given us their assistance.

In depossessing possessed humans and in healing disease persons, ease and comfort are brought about miraculously by the wonderful rays sent to them by the Lord Thinkers upon our request.

Through love, desire for knowledge and wisdom, desire to become impersonal and to help all

life, it is possible to make contact with these entities, but one must learn how to become humble and desire knowledge and wisdom.

They may be termed "deities", for it is like comparing the understanding and realization of cockroaches to humans when we compare our understanding and realization to the Lord Thinkers.

If you do not mentally desire harm, hatred or envy toward these visitors from outer space, for they sense and know it, they will not harm you. They have many weapons and tools far beyond anything we have for purposes of destruction. If they willed for us to be destroyed, they could have done so a long time ago with out our knowledge of what was taking place.

There is no. need for fear. If you challenge them in the name of love, and desire to be their friends (like attracts like), you will be visited.

You will be contacted, and you will be one of the worthy ones in whom they confide, whom they love, and with whom they make their contacts.

The outer space contacts we have made have been of an astral and etheric nature. Mental contact or rapport is 'Very easy. It is as easy as talking to one of your deceased relatives upon mentally calling them in. The same principles are applied when desiring universal planetary contact.

I hope this knowledge has placed you on your way to advancement for universal planetary contact." When you accomplish these things, you will fully realize what truth is.

Do not misuse this teaching, for you would NOT be able to escape the Law of Karma or compensation if you misused this spiritual work in any way.

Look forward to the lessons which follow, (or the most wonderful experience man is ever to learn on this planet will be in the next chapter: To know realization and association with God.

Many wonderful, magical rituals will be taught you if you have mastered concentration, visualization, self-induction into the Silence and self-realization of God within.



## Chapter 14 SELF-REALIZATION OF GOD WITHIN

In these lessons on Huna from the Kahunas of old, the most enlightening, wonderful and dynamic of all the work you can attain is the realization of God within.

There are several ways to define this. We will attempt to help you understand, for words are very confusing at times because they have many meanings. There have been many books written on the subject of understanding and the realization of what part we are of God. We will pass on to you the teachings and lessons that are most beneficial for reaching this realization.

When you self-realize God, you will bypass many heavenly plan~ after transition. You will do this as your conscious mind or Christ-consciousness removes fear and sin complexes from you through prayer. Turn to the Lord Thinkers on Venus for help or to the morning star for wisdom. A harmonious, cleared mind can rule anything.

In the following poem are given many secrets of the most adept and occult science on any planet:

### ATTAINMENT

To realize God is within, You rise to the heights of a cherubim; To use your will and know its force, Removes Karmic debt and all its source.

*Turn your eyes to the Light within,  
Cast from you all fear and sin;  
Then know the words you speak  
Are the Father's expression whom you seek.  
To cast the legions from the sick,  
The glory of the morning star is the trick.  
Listen to the trumpets blow,  
Gabriel approves—the God's bestowal.  
Glory to the newborn kings,  
For they are the ones to rule, it seems.*

..

In the King James' version, when Jesus performed a miracle and the people gave thanks to him, he said "Do not thank me, but thank the Father within." He fully realized he was not separate, but the God power in its fullest manifestation. He also realized all living humans and all things were God in their truest form!

. . . .

Hermes the Great, Thrice Great Hermes; said words very similar to those which Jesus spoke. He said, "God is all and all is God. Nothing can exist without the manifestation of God."

The great teacher and mystic known as Buddha said the same in different words. He said, "Turn within and there you will find that which you seek."

To know thyself is to know all things in the universe. An experience we had illustrates the realization of these words.

We saw a huge replica of a human cell-one cell out of a human body. It must have taken many years to build it, for it was very intricate. It was approximately six to eight feet in diameter. It had layer upon layer of translucent walls, and between each wall were many parts of all shapes, sizes and colors.

As we meditated upon this, it fully dawned upon us who, what and where God really is. In the occult teachings many other dimensions, other than material, have been taught and proven. In this realization, we understand the words of the great mystic, "There is no God of which we are not a part."

While we gazed at this magnificent replica, a strange realization occurred. We visualized the millions of invisible components to this material cell which modern science is yet unable to understand.. As this view occurred, we fully realized the words of the great prophets, for in one cell, in one living human being, are billions of components of everything around us, everything in all space. The etheric, astral, solar bodies and many bodies unnamed, unnumbered; by countless thousands are in one cell. They consist of millions of different rates of vibration, for the Cosmic Laws that work in effect unite these together and like attracts like. They multiply, grow, divide and expand. Divide and expand - this is life. This is cell life.

We have been taught that there are. thousands of living cells per square inch in our blood, but in this one replica, a realization of the true God power came over us to its fullest extent. Then we saw that nothing. could exist without God, and God could not exist without anything. .

It has been said that love is God. My friends, love is an electric current of a very great vibratory rate created by emotion from the mind .of the creator. Love is. a manifestation of God.

It has been said that nature is God. Nature is also a manifestation of God, consisting .of millions and, billions of cell life. Each cell contains a component part of everything in all time and space, thus each cell is godly.

It has been said that in the Hindu teaching there is a sea termed the "Sea of Eternity". Some who have taken LSD, peyote and similar drugs or psychedelic drugs have had many wonderful mental and spiritual psychic experiences. In some cases, they are permitted a glimpse of the sea which holds everything. There have been many presentations of this sea down through the ages in history books and in mystical teachings of the mystery schools. This sea contains all life and all component parts, from which everything from every dimension is created. .

In reality, we are drifting and floating in the sea, and due to the laws which prevail, we are attracted to certain places and conditions in the sea. As one cell grows and progresses, it evolves into a higher state of life and is attracted by its rate of vibration into another place or condition. This is true with human being as they grow, understand and fill these cells with enlightenment of truth and wisdom.

After transition, we are then attracted by our rate of vibration to one of these millions of dimensions. In most cases, they are far more wonderful than the most beautiful dreams we could possibly imagine or comprehend.

Another way to present self-realization, or that you are God and not just a part of God, but actually ARE God, is the understanding and realization of being impersonal. You must attain the impersonal attitude subconsciously and consciously to become impersonal. Your superconscious or Higher Self already has this understanding, for it is impersonal towards you. It will not control your will in anyway - it can, but it will not. It is COMPLETELY IMPERSONAL, even to its own carriage in which -it belongs and in which it resides. There are two basic component parts of our mind, the conscious .and subconscious. If they are trained by our understanding and will, they will unite in perfect harmony with our Higher self. We will then see as gods whatever we see through our eyes, our spirit eyes and mystical eyes. We will see that everything is good. Only our own thinking made it otherwise.

In reality, instead of illusion, there is no sin; only our own thinking has made this so. If we were

taught things while we were young and believed them subconsciously, and then consciously we opposed them and did what we termed a "sin", our subconscious minds would believe we had sinned because of the teaching which had been embedded in its memory banks.

But if the teaching we had received when we were young people was of a different nature, was of a higher standard and of more enlightened intelligence, and we were taught originally from the time we could listen and talk that there is no sin, only our own thinking made it so, we would then have known this, consciously and subconsciously.

It has been said that we live in an illusion. The illusion is that which we have created. This mundane, material, personal life and world and thinking of ours is the illusion. If we had been more impersonal, more humble, free of negative ego and spoke positively, our lives would have been completely different from what they have been. We would have lived lives of happiness, evolvment, mind power and love. We would have used all of the 33 Cosmic Laws for everything for our benefit and all things around us. But as it has been, we have created dissension, hardship, poverty, bad luck, accidents, sickness, distress and arguments by lack of knowledge, lack of understanding, lack of wisdom and self-realization. This, we term an "illusion". This is how we live in an illusion created by ourselves, not because we desired to, but because we did not have the knowledge and the applied wisdom to do differently.

There are man-made laws and we must abide by them or we will be imprisoned. There are God laws and we must abide by them or we will be punished. If we had been taught so from the start, no action or thought we could do would be sinning against our God.

Once we are clear of negative, undesirable Karmic debts and have removed the complexes from our minds, which were created by our own misunderstanding in past lives and inherent complexes, it is good to adopt; if possible, the concept of only one commandment. This differs from the one given in earlier chapters, but remember, you must accept one thing, dwell upon it, turn loose of it and be ready for the next, if you wish to continue climbing on the spiral of truth.

Truth is to us that which we have been taught and know. Truth to your friend or neighbor is that which he or she has been taught or knows. There is no one great truth. Everyone has their own truth. It is determined by the knowledge taught to them and their realization and wisdom from this knowledge.

There are many truths. The one to be given to you now is only another truth: There is no such thing as sin-only our own thinking makes it so.

Now we can look around us, country to country on this planet, and we can easily see that if the head-hunters accept and believe they cannot sin by cutting a human head off, shrinking it and wearing it on their belts, then, when they go through transition, they have not sinned because their own thinking makes it so. But on this side of the planet, if we were to do an act like this, our subconscious minds would think it a terrible sin and would inflict all types of punishment-even before our physical deaths.

What really makes the difference is the way these people believe and think. Their own thinking makes it so.

The Kahunas of old taught one commandment, no more, not ten or twelve, only one. This was because the Kahunas were very wise. They were a simple people - a strong people - and their minds were also strong. The Kahunas knew that if they gave these people many commandments like the rest of the world had, they would cause much misery, sickness, disease and poverty. Therefore, because of their wisdom, they gave the one commandment: HARM NO ONE, OR NOTHING, WITH HATRED.

When the Hawaiians of old killed their fish for food, they killed for self-preservation. They did not hate, therefore, they did not sin. In killing the plant life, the living cells, to make their garments, they did not sin, for they did not hate. They loved the plants and they loved the garments made from the plants. They killed with self-preservation and with love and

understanding as taught to them by the Kahunas.

In the Commandment, "Thou shalt not kill," there are no if's, but's or and's. It just says, "Thou shalt not kill." We kill thousands of living germs that we breathe in every few seconds. All day long we are killing. We kill everything first before we eat it. We kill bugs, roaches, flies; etc.

It is very easy to break such a Commandment. It was difficult for the Hawaiians of old to break their single commandment. Their leaders were wise and did not complex the minds of their people, which made them very happy. They were living in a Utopia, in a paradise of love and appreciation. They gave homage to their God, Eo, the same and one God allover this planet and every other planet, only called by a different name. This teaching, "You are what you think you are," has been presented at this time for you to use transmutation on your thoughts. Think of how you are godly and know the cells and the component parts of the cells are of God through out your entire being.

Your own thinking will change your under. standing. When you are in correct attunement, divine truth, wisdom and knowledge will flow to you from the impersonal mind powers that be.

Some mystics pray to a Father-Mother God. When broken down scientifically or in words of understanding, this could mean that everything in existence, both visible and invisible, has a polarity—plus, minus; north, south; or Father, Mother. They realize that in praying to the Father-Mother God, whether it be within or outside of themselves, they are praying to the plus-minus of everything in existence. The words "ra-ma" would be the same thing: Father-Mother. The word "Om" would be the same thing: Father-Mother, plus-minus. All things in existence with -this wonderful manifestation prevail. Every cell has a plus and minus, Father-Mother. Every component part of each cell has a plus-minus or Father-Mother.

There are many Cosmic Laws, but there are 33 predominant Cosmic Laws that control every living thing. Thus far in this book, many of the laws have been given to you, not by name and number but by the actions the laws create. Further on in this book, the laws will be named and numbered so that the advanced student will have a full comprehension of the action of the Cosmic Laws and how to apply them in everyday living.

It is important that the mystic teachers do not present these laws openly. There are too many who would misuse the laws for selfish gain or for their negative egos, thus, creating misery for themselves. The correction and compensation to such misusers could create a very difficult task for the enlightened ones.

To realize God's presence within is to meditate and dwell on one's component parts such as the head, thumb, fingers, eyes, nose, ears, down to the bloodstream, into what the blood carries in cell life and the group cells, and eventually, the cells themselves. Then while still in meditation, concentrate on the parts of the cells whence they came, with what they are united and attuned. This is the way to present true God-realization to you and to apply the Law of Harmony.

The Kahunas of old, when performing a ritual, applied mental power and spiritual assistance from the other dimensions. In knowing the working component parts of the Cosmic Laws, they used roots, herbs and stones. They used these, not because of superstition, but because they knew and understood the vibratory rate of that with which they had to perform the ritual.

It was very scientific, and they knew when they performed their rituals, miracles would happen. The miracles did happen, and if they can do it - so can we!

## Chapter 15 YOUR HIGHER SELF

When you have completed the instructions on clearing guilt, sin and fear from your subconscious mind and have adopted the new Huna commandment, you are ready to invoke your Higher Self or Godself. It is also important that you rid yourself of a lot of negative ego and master positive speech, otherwise, what you are about to be taught will prove very difficult. The Huna commandment that is new to us, but as old as the planet is: "Harm nothing with hate," or "There is no sin, only our thinking makes it so."

In accordance with the previous instructions, place yourself in the Silence, which is a mental condition allowing each of us to work with our own subconscious mind. Imagine with your full mental ability, a solid pillar of light all the way through you from below your feet to the top of your head. Create it! See it! Imagine it! Want it! Will it! Know you have the power and strength to create. Become emotional, call upon the God power to help you create it. Create a solid shaft of white light the size of a small telephone pole straight through you.

Then, imagine it is growing larger and changing negative black bubbles around you and in you to white light. Know that it is changing all dissension to love and energy. Feel it! Sense it! Want it! Will it and the swirl it. Twist it at a high speed. See it in your mind's eye turning down through the middle of you, know that it is changing all dissension to white light and energy.

We call this the "Pillar of Light Ritual". It is very powerful and cleanses you, inside and out, and you do it with your own mind power and soul power.

Dismiss this from your mind and quickly repeat these words aloud to yourself with a spoken, energized, emotional command:

My Higher Self, come on in. My Higher Self, come on in, inside of me, all the way down to my feet. I command you to come into me. Fill me completely! Allow me to know consciously that you are here. You are most welcome! Please blend with everything that is in this unit. Balance it. Readjust it for perfection in every way with thine own power and intelligence, and bring into harmony all the mental bodies that you can within this unit at this time. Then say to your Higher Self, "My Higher Self, are you now inside of me?" If you can make mental contact with it, you will receive an answer in the affirmative.

Then you say, "My Higher Self, I am happy you are within me where you belong and are functioning properly. Are you happy to be inside of me?"

Wait for the answer. If you are working this properly and it is within you, it will, mentally, answer "yes" quickly. It will be definite to you, and you will be sure of it.

The feeling of the Higher Self in for the first time, if you have done this correctly, is quite dynamic spiritually; however, remember you cannot gauge spiritual work and mental work with material work. This is a spiritual thing and cannot be gauged or measured in a material manner. You may have a feeling of expansion, of largeness, or you may have a feeling that a great sleeve of invisibility has been slipped over you and you feel bigger. You may have a feeling of mental expansion—that you could go on out into the heavens, into the stars or all life around you. You may have a feeling of joy. You will be reflecting the feeling of the Higher Self, happy that it is in the unit where it can work efficiently for a change, or you may feel heat throughout your entire unit, or you may feel a chill or quickening up and down the spine or in your limbs, or you may feel a tingling from the top of your head to the tip of your toes.

No two people feel it the same. It is hard to define to someone else, especially to someone new at this, a spiritual, mental feeling when all they are used to are material feelings.

Now you say:

Oh, My Higher Self, I want to learn to love you and you to love the rest of this unit. Let's work in harmony from now on to perfect this unit in every way and to assist all life. Will you do this, my Higher Self?

Again, wait for the answer and it will say "yes" quickly, if you are in proper attunement.

Then you will say: My Higher Self, you may return whence you came. By the power I used to invoke you, I now .release you. I am most happy to have made a contact with you and please return whenever you can to assist me in anyway. You may leave now if you wish. Thank you very much!

You will notice that you do not make a definite command for it to leave. You say if it wishes to, for it has the intelligence to know when it can leave without burning your cell structure too badly. Remember: The first time you invoke the Higher Self you do not hold it long, not over five minutes at the most, for you are a low rate of vibration and it is very high.

In the months and years to follow, you will, if you practice the teachings in this book, have your Higher Self stay and be in full power all day and night. This is as it should be, in full balance, but at the start, do not do this. It is too high a rate for that which you are used to.

For many of you who have successfully applied this teaching for the first time in your lives, you have made actual mental contact with the third part of your mental bodies, the part termed the superconscious mind or Higher Self. If it did answer you as instructed, it will work with you and assist you from now on.

For those of you who have mastered this contact with your Higher Self, actually invoked it but are unable to hold mental conversation with it, you may have to resort to the use of the pendulum or a small object suspended from a three inch chain or string. Detailed instructions are in the earlier chapters.

The pendulum is one way you can get answers from the Higher Self when you cannot receive mental communication. It is highly recommended you acquire this knowledge, so that you may make a "yes" or "no" contact with your Higher Self.

The Higher Self is the truth plane and all knowledge and wisdom will be granted to you through this wonderful part of your mind.

For those of you who have not been able to accomplish this by yourself, detailed private instructions are offered by this author. With knowledge and experience, you could be led through this easily and quickly, if you have mastered the Silence.

Peace be unto you in the name of Love, Life and Light.

## Chapter 16 CONTACT WITH THE IMPERSONALS

This is a very wonderful phase in metaphysics where the advanced student makes an impersonal contact with the Higher Self of his own being, and also with the Higher Self of entities that are evolved to a very high sphere from this planet Earth.

The Impersonals are a divine mind power who are very intelligent in every way. It is an absolute necessity to take on an impersonal viewpoint in one's own life.

An example of this would be to know that all life is important. The millions of component parts we are made of vibrate and emanate from everything we see and everything we cannot see.

It has been said we are made in God's image. The component parts within our units—all the millions of cells—many thousands of cells per square inch of our blood - and millions of component parts that are invisible in each of these cells—are made from every ray, from every rate of vibration in all space.

It is necessary to understand and dwell upon this—to understand that nature is a manifestation of God, that nature is composed of all of these parts of which we are created to give you the understanding of impersonality. We should be thoughtful of this life which exists everywhere about us, whether it be in the human body, plants, insects, birds, animals, germs or cells. It is all life and to think of these things and to wish to benefit them in anyway we can is to become impersonal. All life is of one mind!

A person must take on an impersonal outlook before he can contact the Impersonal Divine Power within himself or outside of himself. When the advanced student of metaphysics attains this realization, the fact that he is a part of everything in existence, this impersonal feeling engulfs his mind. When this is acquired, he can attune to all life - to the cells and plants, animals and birds with this understanding.

He must become humble and not look upon an animal as a poor, dumb animal. Look upon a dog, for an example, as having an intelligent mind within that is as intelligent as his own if not more. Most dogs are very psychic and can read the thoughts of other dogs and the thoughts of many humans, thus, having mental communication. To be able to attune to such an animal's mind, one must not at any time think he is better in anyway, or he will not be able to attune. He must become humble before it is possible to make a mental rapport.

Man can also attune to a higher divine mind to which he is connected by the aka cord or silver cord from the top of his head. This cord runs into a great white light of millions of divine impersonal mind powers. These are the "Impersonals".

The advanced student, after progressing to this point of realization and understanding, need never turn to books or teachers or the material dimension. He only needs to TURN WITHIN in order to make contact with the Impersonals and to acquire the answers to any questions he desires to ask. The answers will come almost immediately. This is sometimes termed the "truth plane".

Then there is a place termed the "akashic records". An impersonal mind in a human being can attune to these akashic records, if the person becomes impersonal and undergoes a realization that he is a part of everything, not separate, and that he does not suffer from anything. The akashic light records are no further than the innermost part of his own subconscious mind.

This gives you an understanding that, while in the physical body, there is a chemical setup which gives you power over all things in existence. You can apply this realization to help all life in every way.

To dwell upon material things such as one's own self, political party, material loved pos.

sessions, makes one personal. They take on an illusion. In reality, we are NOT personal; we are IMPERSONAL. We are personal only because we think we are and for no other reason.

For those of you who are ready for this advanced work, let me remind you again of something which you have probably already heard. A great teacher once said, "Whatsoever I can do, you can do even greater things." So, do not allow your thinking to hinder you; keep a broad mind. Do not denounce any of this teaching until proven wrong. Do not accept it until proven correct.

The Impersonals are all powerful. They can assist us in every way. They do not control us. They could very easily, but they do not~ Our free will controls us completely by our own thinking. If you desired wisdom and knowledge from the Impersonals and you attuned and asked them, they would assist you with knowledge and give you answers to your questions. They would not make you do these things. They would leave this up to your free will.

A wonderful thing happens when a person realizes, consciously and subconsciously, that he is impersonal. The ability to use the full power of his mind and all minds becomes stronger and stronger.

In order to gain access to the infinite source of power from all impersonal minds, it is necessary for the mind to be cleared of complexes, negative or undesirable fixations, to dwell upon being impersonal, rid yourself of negative, undesirable ego and to accept the fact, consciously, that it is possible to gain access to this power. After this has been accomplished, you will realize that your mind is no longer one but a part of all minds.

A material example of this would be: We are like unto one grain of sand on all the beaches on this planet, or we are like unto one drop of water from all the oceans, but there would be no beaches or oceans without each grain of sand and each drop of water. Therefore, we are not separate; we are one. Only our thinking makes this so.

Because we have not been taught this before, we were not aware of it. If we were taught these words before, it was not clarified to us for realization. Therefore, we hang onto the viewpoint of being personal.

A long time ago a man, by the name of Moses, heard a voice speak to him from a bright light. Moses said, "Oh, God what is thy name?" and the light answered and said, "I am that I am." An understanding of this would be, "I am that which I thinketh I am." We become as we thinketh. If we think falsehood, we live in an illusion. If we dwell on divine truth, we become one with all mind power and all living things. Let us not limit ourselves with our thinking.

A wise Kahuna was standing on a high cliff by the side of his student one day when an air plane flew overhead. A thought came to the student: If an invasion force of human beings were to attack this beautiful paradise in an attempt to destroy it, what would the Kahunas do to protect their land and themselves?

The wise Kahuna turned to the student and said, "We would become impersonal. We would not pit our mental power and spiritual knowledge against such an invasion force if the attack were from higher, more civilized and more intelligent dimensions that wished to assist us and help us in every way.

"If the intruders were to release bombs of any nature to destroy all life on these islands, whether it destroyed the life of man or Dot, we would put our minds together and remove everything that would affect life that is beautiful and good.

"WE ARE IMPERSONAL; we protect all life. It would make NO difference from where the forces came, or whether the skin was dark, light, brown or yellow; from one side of this planet or the other; on one side of this universe or the other or even other universes. If they desired destruction of life, we would pit our wisdom, knowledge and strength of mind against these forces, and they would fall. If these invading forces were to assist this planet, this life, these people, in a great wonderful manner, we would not oppose them in any way."

The student dwelled upon this for sometime and realized that the Kahuna was very impersonal.



He put all life ahead of his own and ahead of the lives of even his friends and loved ones.

Then he remarked, "You said 'destroy'. It is impossible to destroy anything. If you allow it to go through transition or death, you have not destroyed it. The molecular structure only changes. The rate of vibration goes back through the laws and each vibratory rate goes where it belongs by the laws that attract it. Nothing has been destroyed. It has only been changed."

Clarification of an Impersonal would be an entity or group of entities without a name or number. In some of the spiritual schools, we learned" we could have guides who would assist us in every way. These guides can assist us; but their knowledge and wisdom is' rather limited, just as our own.      ..      .

If we want to attune for divine truth, we must attune to a mind force which is not personal. Even some of the high so-called "Masters" are called by name. Whenever' you call anything or anyone by name or number, it is personal. He will tell you what he believes to be true about the understanding of truth, but it is only truth to himself. He, himself, has not gone through true self-realization of being impersonal. He could not help you in any way with this understanding being presented to you now.

If you contact the Impersonal plane where the minds dwell without name or number and unite as one great white light, you will be in contact with the true Impersonal beings. They have evolved to a point where they have lost their false personalities. They fully realize that they are one with the Divine Power.

Therefore, to acquire the knowledge of this lesson, you would have to attune yourself to the Impersonal ones, not to any so-called "Master" or teacher with a name or number from any dimension.

Beware of any teacher who claims to be a "Master". A true "Master" will never say that he is a "Master".

In your meditation periods, it is well to repeat that you are becoming more impersonal each hour, every day and you desire higher truth, understanding and realization.

When you pray, no matter what you ask for, you are to pray for divine truth only. In so doing, you will receive divine truth, if you are in proper attunement.

The word "contact" is used because you are in rapport with the Impersonal's mind. This is one of the most beautiful phases of this work.

When the Impersonals are contacted by you, and you have become impersonal enough for them to assist you, all types of miraculous understanding and assistance will be yours. Their wisdom and knowledge will flow through you as through a funnel. You will become an instrument through which their divine will and strength will pour. You will be able to do miracle after miracle if you fully realize this and understand it. Remove the thought that you are separate and alone and accept the thought that you are one with everything.

This lesson cannot be forced upon anyone. The old saying, "When you are ready, the teacher appears," is very true. When these words were first presented to this author, something inside of him made him realize it was truth. It was many years later that realization came that it was divine truth.

Some of you are higher on the path than others. These words of instruction may enlighten you the first time you hear them. Others may have to dwell on the teaching and meditate upon it.

With this divine knowledge, a great amount of wisdom will come to you as well as help from all dimensions when you are assisting anything and everything.

Our minds consist of thousands of parts. At this time, we will group the thousands of parts into seven basic parts and give each a color, the seven basic colors of the spectrum. We will not give

them name or number, only color, for each is a different rate of vibration which creates its own color. The thousands of dimensions between these seven colors are shades and hues of this predominant color. A material definition of this would be to open a beautiful fan. If this fan were opened in seven parts, there would be seven distinct colors of beauty—clear, bright and beautiful. If the fan were to be opened further, there would be thousands of colors of different hues from the basic seven. These are the component parts of our minds—of all minds.

They are separate only because they are out of harmony due to our past thinking and actions. It is up to us to bring them into Harmony and have all of these thousands of parts of our mental bodies work as one and eventually blend with life, all mind, all space and all dimensions into the one mind. Balance, harmony, love, impersonality and positive, beautiful ego constitute the solution to blending all of these mental bodies into one.

To become impersonal is to become Godlike, for everything you see or sense will be good. You will have a full understanding that the only reason it does not appear to be good to some humans and to some life is because of their own interpretation and their own understanding.

They have made undesirable things by their own limited thinking, but all life and all things are good. Only the thoughts of other minds make them evil. In reality, there is no such thing as evil, only a lack of understanding.

If darkness were termed undesirable and there was a light in this darkness, there would be no darkness. If the light of understanding were extinguished, there would be only misunderstanding and darkness.

So, when you look at other human beings who are in poverty, sickness or misery, it is of their own creation through lack of understanding, for God' will only help those who help themselves. The true way to be helped is with knowledge and wisdom.

When you become impersonal and realize you are impersonal, all help in the universe will be yours. You have merely to attune your mind to contact it, and there it will be.

May you all become impersonal and bathe in the light of understanding and realization, for this will assist you immensely in the wonderful, magical work which follows. in this book.

In the next chapters, the true work of the mage or magician will be yours, if you comprehend and realize the methods and ways to apply this to your everyday living.

## Chapter 17 CURSES REMOVED

In the beginning there was the Word and With the Word everything was created. This is the way a great story started. By the knowledge, wisdom and understanding of this, many things down through millions of years have been created by man and by mind. False teachings given to many millions of human beings, however, have created a great handicap for a peaceful, happy life in many dimensions, especially the one we call the third dimension on our material plane.

The words to follow will not only define the downfall of many nations, and continents, but also the downfall of mankind with his dogmatic beliefs and negative ways of living.

The greatest Messiahs in our history have disagreed on some things, but on one thing they did agree, "Man is as he thinketh." This controls us one hundred per cent and is the real reason why we are all cursed and damned. One has but to study the inner workings of their own mind to see the truth in these words.

The stories to follow are absolutely true. I have taken an oath not to deviate from the truth. I learned many years ago that truth is far stranger than fiction, more fantastic than falsehood. Prepare to be shocked, for some astounding truths will be told which have never been released to the public before.

When the messiahs said, "Know thyself," they meant to know the working parts of our mental bodies or as much about them as we possibly can.

It is my greatest desire for those finishing this book to understand the cause of all dissension in this life experience. If we so desire, let us then turn to this knowledge and change our curses and damnations into positive thinking and love for all life.

The story that follows pertains to a Hawaiian Kahuna in Los Angeles, California. For important reasons, we will not give the full names of the people involved, but shall refer to the subject as Mrs. J., who came to the Kahuna for assistance with a problem.

The Kahuna was very fortunate, for Mrs. J. reached a deep hypnotic trance quickly and easily, thus, making it easy for him to work with her. Under hypnosis, the conscious mind is removed temporarily, and the hypnotist speaks to the subconscious. He was able to create a harmonious conversation between Mrs. J.'s subconscious mind and his own conscious mind. It went something like this:..

KAHUNA: You told me almost everything you touch rots or turns sour. In other words, you have experienced misfortune; bad health and. accidents. You seem to be jinxed or cursed by some invisible force. Is this true?

MRS. J.: Yes, I have had five years of dissension and unpleasantness. I am so blue and despondent that at times I have contemplated suicide because of these adverse conditions.

KAHUNA: In your own opinion, why do you seem to experience this bad luck and these continual curses?

MRS. J.: I do not know. This is why I have come to you.

KAHUNA: (Putting her in a deeper trance, he addressed her again.) Mrs. J., what is it that is upsetting you so very much?

MRS. J.: These terrible things around me. These horrible leaching monsters will not give me any rest or peace of mind. They are so horrible I cannot stand them. Take them away!

KAHUNA: What horrible monsters are you referring to?

MRS. J.: Don't you see them? They are attached to me. They are horrible, monstrous forms and shapes. They are ghastly! I tell you I am shuddering all over just describing them to you. Can't you see them on me?

KAHUNA: Yes, Mrs. J., I do. Please continue. I must know more about these things in order to help you. Now I shall speak to these things and you tell me what they are saying to you. (speaking in a loud voice) You things attached to her, who are you?'

MRS. J.: They are thought-form bodies created by my thoughts and by those who have hated me and are continuing to project hatred to me. They are so much a part of me that they cannot live without pulling my strength from me.

KAHUNA: What else are you aware of around you?

MRS. J.: Oh, there are many things that I cannot understand. However, I do know this, they are causing me dissension and bad luck.

KAHUNA: I am going to ask you a question and you must tell me the truth, if you want me to help you. Do not analyze the question, but answer quickly, Mrs. J., whom do you hate to the very depth of your being?

MRS. J.: (Quickly she replied.) My mother! I hate my mother! I hate her! I hate her!

KAHUNA: Why do you hate your mother? MRS. J.: Because she's made my life miserable ever since I was a little girl. She always lied about her age and told people she was much younger than she really was. As I grew older, they could judge about what age she was from my age. My mother cast me aside, disowned me and sent me to live with an aunt. When I grew older and became a more attractive woman than she, she hated me more than ever. I continually feel the hatred she is projecting toward me, and I realize this is feeding these horrible thought-form bodies attached to me, draining my strength and making me sick. Oh, God, take them from me if you can; they are so horrible! I cannot stand the sight of them.

KAHUNA: Now we know who hates you and whom you hate. This is not right.

MRS. J.: I cannot help it. I hate her! I hate her! She hates me. I will pull her down; I will kill her with my hate just as she is doing to me.

KAHUNA: Mrs. J., listen closely to me and forget about her for a moment or two. No one can help you as long as you hate or are being hated by someone to this extent. I know what I am telling you. You attract to you that which you hate. You are attracting her hatred to you by hating her. It is killing you and bringing you curses and damnation as much as a human being can possibly stand before the mind breaks. Recall your mother now. This person who hates you and is the one you hate most. You must find it in your heart to forgive her. Forgive her for all she has ever done to you, and mean it with all your heart and soul. Do this now!

MRS. J.: I cannot! I cannot! I hate too much!

KAHUNA: If this is impossible for you to do, I cannot help you, and I point out that the curses and bad luck you have about you will remain.

MRS. J.: I will do anything, anything, to rid myself of these horrible bad-luck streaks.

KAHUNA: Say aloud after me, I forgive my mother for everything she has ever done to harm me in any way. I can and will forgive you, mother, because I want to be

free of you and all the hatred you have created about me and in me throughout the years. I forgive you with all my mind, heart and soul.

(KAHUNA continues) Very well, now be calm and still. Tell me what you sense and how you feel.

MRS. J.: There is a strange feeling coming over me. There is a great feeling of happiness. I am so happy I feel like crying. (With tears streaming, she exclaims,) Oh, it is a glorious feeling to have such a weight removed! What a wonderful feeling!

KAHUNA: Excellent! From now on you will find yourself a far different person for having had this experience. The hatred has been blocked. Mrs. J., are the hideous, monstrous forms still in you and around you? Are you aware of them?

MRS. J.: Oh, heavens no! A great white light came around me a few minutes ago and drove them away or destroyed them. I do not know where they went, but they are not here now! . . .

KAHUNA: (Still addressing the subconscious mind of Mrs. J.) Please bear with us and see that

Mrs. J. returns, Will you?

MRS. J.: Oh, I will! I certainly will. I can't imagine being helped any more than I have been. I am indeed in a glorious state of mind. I feel as though I have been bathed for the first time in my life I am clean! '

The following week the Kahuna greeted Mrs. J. at the door of his office. The therapy session began quickly. She sat in a relaxed position. In a short time, she was in a deep trance and the Kahuna once again was addressing her subconscious mind.

KAHUNA: I am glad we are friends. It is good that you realize we are working together to help you and everything in your unit.

MRS. J.: Yes, I am beginning to understand now. I have felt fine during the past week, better than I have in years. However, I think I still have a bad-luck streak with me. I have broken four dishes in the last seven days, which is considerably less than my normal breakage. Nevertheless, what I touch still spoils.

KAHUNA: Very well, we shall get to the root of this now. Do you remember how you forgave your mother for the way she treated you?

MRS. J.: Yes, I forgave her with all my heart.

KAHUNA: Now it is time for you to understand that you must be forgiven. Have you read any part of the Bible?

MRS. J.: Yes.

KAHUNA: Have you read where it says that if you ask, you will be forgiven?

MRS. J.: Yes, I have read that passage and read it many times.

KAHUNA: Very good. Now I shall lead you in prayer. This prayer will be to forgive you of your sins, and it will be to the Great Powers.

MRS. J.: I will follow you in this prayer. KAHUNA: Please do this with the sincerity which you used to forgive your mother last week. Do you understand?

MRS. J.: Yes. (Obediently, she repeated, with all her heart and soul, the prayer after the

Kahuna, and at the end, she began crying.)

KAHUNA: Why do you cry, Mrs. J.?

MRS. J.: Because I am free now. Free of all the bad luck I ever had. I have been forgiven; I know it! Oh, it is such a relief.

KAHUNA: I am speaking directly to the memory banks within your unit. Answer me quickly and to the point. Are you free of sin?

MRS. J.: (Answering quickly) Yes, I do not harbor any sin.

KAHUNA: Have you forgiven your mother?

MRS. J.: I have.

KAHUNA: Have you forgiven all the people who have harmed you, as I have asked you to do, in prayer, since I last saw you?

MRS. J.: Yes, I have.

KAHUNA: Very good. You are now free of what we call sin complexes. You will never again be plagued with bad luck as you experienced before. Do not hate anyone, and to the best of your ability, do not permit anyone to hate you. Do you understand?

MRS. J.: Yes, I understand this with all my heart. .

The Kahuna awakened his patient and talked with her consciously. He explained what had happened, and he made her aware of the fact that she was and could remain a changed person. She had been "born again." She went about her glorious way with curses removed.

This is a true story you have just read. The names and places are fictitious to protect those who have participated. Throughout this book there will be other stories which will help you to understand and realize how a person can, if he wishes, be helped and learn to apply these teachings.

What you have just read in this story of Mrs. J. is not new. This type of therapy has been known ever since the creation of man, but has been so well hidden behind a screen of difficult to understand terminology, that it is not put into practical daily use.

All the great teachers and Messiahs in history have taught these things. They repeated again and again, "repent," but unless we know what the word means or how to do it, repentance is not only difficult, but almost impossible to accomplish.

We are that which we thinketh subconsciously. This means if we believe we do certain things such as breaking the Commandments given to us by our religions, then subconsciously we believe we have sinned. These Commandments are being broken thousands, if not millions, of times by the average human being throughout this planet. This is what causes guilt complexes, sin complexes and develops fear complexes. These are the curses of mankind, for he brings them on himself by not having the knowledge and understanding of such things.

In the following chapter you will be told of the dynamic mind power in the unit of a human being. There are ways to clear the blocks and release this huge, dynamic mental force that we have within us and with which we were born.

In relating the story of Mrs. J., you can plainly see that to hate someone or to be hated is extremely detrimental to your health, your peace of mind and to everything you do. It controls everything that happens to you. There are also other ways a human can be cursed, as you will read in the following chapters.

## Chapter 18 GOD'S POWER PLANT

For many years this author studied metaphysics, science of mind and occult teachings from the Masters of the Far East. The word occult means "hidden." The reason for such teachings being hidden was that most of the Masters and Messiahs with this knowledge and understanding took an oath to their teachers and to their mystery schools not to relate the teachings to anyone else. There were two great reasons for this. During the years past, the schools themselves wanted the revenue from the students, and secondly, they did not think the average human could be taught this marvelous science, because they knew that this teaching could be used for good or evil.

It has been brought to the attention of this author, in his recent years of teaching this truth, that none of his students misuse the teaching. It can be misused, but they do not. They understand the punishment their own minds would levy upon them.

The author, after reading hundreds of books pertaining to metaphysics and not being able to actually master that which he read, was fortunately guided to the science termed "Hawaiian Huna." Before studying Hawaiian Huna, he termed himself a "metaphysical tramp" that is, he had read and studied many things but was unable to actually apply them and make them work in his everyday living.

Huna is an ancient Hawaiian religion or science. It is very simple but powerful. We usually find the simple things, as a rule, to be the most powerful of all. Anything that seems to be difficult is frequently untruth. Reading the books pertaining to Hawaiian Huna and applying that which we read, gives us a wonderful start on our ability to master and apply the teachings. It was found that all teachings are practically the same when understood properly. However, the Huna approach emphasizes how important it is to work with the conscious and subconscious minds for realization and understanding.

A good way to use meditation is to place one's self in the "Silence" and experience a mental communication with the subconscious mind. The ability to find that which is disturbing the subconscious mind is the first step to consciously creating harmony between the two minds. This creates the ability to talk mentally back and forth. As time goes by, the ability to reason with the subconscious mind and ask it to assist in every way is most beneficial. The suggestion of success and good health placed deeply into the subconscious mind and accepted will make one immune to sickness, disease and accidents. This becomes easier as we progress with this type of study and work. For those who remove negative ego, use positive speech and create harmony between their two minds, the subconscious comes to the surface more than it does with other people. Thus, whenever you read or discuss something of this nature, the subconscious is up on the level with the conscious. This makes it very easy to have a harmonious blending with the other mental bodies. Eventually, they will all come to the surface and work as one working mind power.

Upon this accomplishment and having proven part of the science to be true, our morale will be greatly boosted. Then, by the subconscious and the conscious minds cooperating in meditation and prayer, asking for forgiveness of all the sins they have ever done and working together as a unit, the mental blocks that the mental bodies have maintained will be removed. This allows the Higher Self or the super-conscious mind to become active.

The Higher Self lies dormant in most people. Fewer than one per cent have the Higher Self active. This is because of mental blocks in their subconscious minds which block it out and do not allow it to take its active duty in their units. When the Higher Self becomes active, it is often referred to by some mystery schools as the "truth plane." It is impersonal and, therefore, truthful.

After considerable time in mentally conversing with your Higher Self and creating a rapport of love and kindness, the three mental bodies then blend and work as one unit.

This makes it easy to check the teachings and the readings, for the Higher Self would then tell you which was true and which was not. No longer could anyone fool or deceive you in anyway pertaining to this outstanding scientific work.

The more harmony we have between our own mental bodies in our units, the greater our power plant becomes, and the more we have to use and pull from. All minds are joined to us, as we are joined to all minds. When we can find harmony within ourselves, we can then blend and be in complete rapport with all life.

Great teachers have said. "The most difficult of all things is to know thyself." This means to have knowledge of the mental bodies within you. Strive to create harmony between them, and they will work together as one unit. Then, and only then, is the full power within man fully released, for he is truly a dynamic power plant. All the knowledge in the Sea of Eternity would not help us until we have harmony within ourselves and our homes



## Chapter 19 DEEP IN THE HEART

Throughout history, teachers, Messiahs, Masters and Sages have stressed "As a man thinketh in his heart, so is he." When we consider this, it is easily understood that they are not referring to the physical part of the pump, the heart that pumps our blood. They are referring to the mental body, the part of us which is emotional. This releases emotion which, in turn, creates energy emanating as power. We have found that in prayer or in a ritual of any type (which is the same as prayer), if we do the ritual with full meaning and emotion from our subconscious minds and mental bodies deep within us, we will get results and the prayer or ritual will be successful. This is a very important thing to know and realize, for without this knowledge, it is impossible for anyone to use his mental ability and power.

"The power of the spoken word goes into the ethers and creates material manifestations for us such as good health, fortune, peace of mind, success and anything else which we desire. It's imperative that we realize and understand the full meaning of "Speak with the heart."

Many people do not use their subconscious minds except for memory, as there is little emotion in their lives. Those of us who watch movies in theaters or at home on television can observe sad stories and know we do not need to become emotional. Tears do not well up in our eyes, for we block the sincere, deep emotional feelings that other people have. In their daily lives when they are affectionate to their loved ones, they are surfacely affectionate. They are not affectionate with their hearts or with their subconscious minds, so to speak. The reason for this is because their subconscious minds are blocked off and do not have access to everyday thinking, speaking and living. This is due to a lack of understanding and training along these lines.

It has been observed and is the divine truth that if you speak something with sincere desire and deep emotion and shout it aloud, it will be done. In using this part of our minds and mental bodies, we are creative. Without this ability, they are but idle words, with no direct power whatsoever.

The conscious mind, which we use all day long, every day in our living, at work and at play, has little ability, if any, to become emotional. It is the subconscious mind within our units which is capable of having strong love and strong desire. The subconscious mind is the one which causes the tears to come into the eyes, the deep, hearty laughter when we are happy and the calmness and serenity of things of a beautiful nature and loveliness.

This is not just theory or something we have copied from another man's writings or teachings. It is a proven fact that, if a person were to be placed in a hypnotic trance and told a sad story, he would become deeply emotional. Tears would come to his eyes, and he would feel much sadness. If he were told something that was gay and happy and that creates laughter, he would become very happy and would laugh heartily. This is proof.

Deep emotion stems from the subconscious mind, or the heart, as many teachers and Messiahs have related to us. It is to be understood that very few people can speak with the heart unless they are taught how. In using the subconscious mind for expression, you cannot do this unless you are taught how to enter the Silence and attune to the subconscious mind and allow it to become active and in harmony with the conscious mind, eventually, bringing it to the surface. Then your emotions would be on the surface, and you would truly live and enjoy many things to a greater degree. You must be taught how to speak with the heart, or speak with the emotions, or with your inner mind or subconscious. This can be done by applying the knowledge we are teaching you in this book. .

All things which we humans can do and can learn to do must be taught to us. We could not eat with a knife or fork unless we had been taught by our parents. We could not walk unless we had

been held up by our parents under the armpits and taught how to walk. We could not swim unless we were taught how. We could not know the language we speak unless we were taught. The animal kingdom has a wonderful intuitive ability. They can swim, eat and know many things without being taught by their parents. Mankind must be taught!

How could you expect anyone to be able to speak with his heart, enter the Silence, clear sin complexes, use his full mental capacity or any of these wondrous things that are fact, if he were not taught? Have an open mind, seek the truth, and you shall be taught that which you seek. To "know thyself" is to know the inner workings of your mind. The more we know and understand of the workings of our minds, the more we will know about the God power, for mind is God.

One of the greatest shocks man ever encountered was the first time he spoke something with full mind power, with the subconscious, conscious, Higher Self and many other parts within, deliberately and consciously and with. out using religious holy names such as Jesus, God or Masters and it was done. These names were not used, simply the command that it be done, with emotion, and it was done! This was most shocking. This is proof that the teachings from the Messiahs that man is made in the "image of God" is true. You are God within. Your mind is universal mind. It is the Divine Infinite Mind in all time, space and dimensions. It is truly the God power.

As the months and years rolled by with teachings of this nature, many, many things were proven to this author and his associates. It is, in reality, the God power within us. It is the Christ-consciousness within us. You do not have to call on someone or something outside of you. It can all be done with that which is within. The more you apply this, use it and know of it, the greater it becomes, and the more wonderful is the virtue.

One Kahuna (who is a Priest of the Huna religion in the Hawaiian Islands) turned to the wind and commanded aloud that it rise, blow and become strong. In minutes the wind actually increased. These men know how to use their hearts and how to use their mental bodies to create emotion, then energy, which in turn brings about the manifestation.

Not many people pray with their full hearts. This is why very few prayers are answered. People have fallen from the average forms of religion because of lack of proof which gave them doubt. The religion is not at fault. It is the fact that they cannot speak and pray with their hearts or with their full mind power. They have not been trained to do so. It is time that this planet and everyone on it be taught of these things, and that it not be held for only a few who can do it, who realize it, but do not have the ability to teach others.

The power of the Spoken Word stems from speaking with -the heart. You can change the magnetic field in and around you by clearing yourself of mental complexes, ridding yourself of undesirable fixations and conquering your negative ego. By doing this, you have more ability to work with your conscious mind, subconscious and Higher Self. This gives you the ability to use the emotional part of your mind, thereby adding to your mind power.

I will now tell you a true story about a woman whom we shall call Miss H. She had an undesirable habit of which she was not aware. She spoke negatively constantly in a humorous or joking manner. For years she had done this. Her aura (or magnetic field around her) had taken on a pattern of this negative speech and caused much physical illness and mental disorder. Miss H. had long been aware of the author's positive mental and physical condition and his ability to achieve that which he desired with meditation and mind power. She became very interested and asked to be taught and. helped, if at all possible. She had noticed that people who were positive and could place suggestive thoughts into their subconscious minds were actually ruled by these positive thoughts, such as being immune to the head cold and to other diseases. Miss H. was taught the benefit of positive speech and thinking and she began applying it to herself quickly. In a few short weeks she had mastered positive speech, which was most difficult for her to do because she had never paid any attention to it before. It was miraculous how her life and everything about her changed. She became more pleasant, more beautiful, had peace of mind and

became immune to the head cold. After mastering positive speech, she had access to her subconscious mind and placed a suggestion therein to give her better health and more success.

As the weeks and months followed, her improvement was so miraculous that people who knew her before hardly recognized her. They saw these changes for good and remarked what a wonderful person she had become. As Miss H. proceeded with the teaching, it became easier to hold communication with her subconscious mind. She had many talks with it while in the Silence, thereby, acquiring a rapport and a most harmonious condition that had never prevailed before.

Becoming aware of the magnetic field around her, Miss H. was taught how essential it was to clear it up, to get rid of the muddy dark color in the aura and not to hate or dislike anyone or anything. She had been taught that if she hated or disliked anyone, her magnetic field would turn red in color, thus, destroying many of the weak cells in her physical body, actually killing herself spiritually and materially.. .

Those who hate, literally, destroy their own lives in their physical bodies. She had many "deep rooted" bad habits and by mastering her positive speech and coming into harmony with her subconscious mind, she began changing these, a few at a time, deliberately and willfully. This made a better person of her in every way. The magnetic field around her became clear with colors of light blue, turquoise and green. Miss H. got rid of some of the undesirable brown and dirty black colors of high, negative ego and learned to become more humble. Her health improved miraculously. In less than four months' time, she was immune to all sickness. As more time went by, she became immune to accidents. She was no longer bumping into things or being bumped into. No longer was her car damaged or scratched in anyway, because her subconscious mind was working in harmony and was allowed to work as it should to protect her in every way.

Prior to this teaching, Miss H. had never tried to do anything perfectly, just good enough to get by. Now she was becoming a perfectionist and everything she did was outstanding. She was excellent in many things that heretofore were an impossibility.

She did not enjoy cooking, thus, was not a good cook. As her speech and magnetic field became more positive, Miss H. found her cooking improving to the point where it became a pleasure. Her ability to do clerical work in the office where she worked was above average, but she soon found herself excelling far beyond any. one else.

Here eyes were opened to many wonderful things that she never knew existed, bringing happiness to her in many ways. In less than eight months from the time she started the teaching, she was far more beautiful in every way. She had control of her own weight and had lost several pounds, making her more attractive. Miss H. found it easy to excel in everything she attempted by applying her full conscious, subconscious, Higher Self and mental bodies into that which she desired.

Never before had Miss H. been psychic or able to hear and see into other dimensions, as some people can. This, too, was developing rapidly. She was now becoming clairvoyant (able to see into the astral and etheric dimensions around us) and was able to hold sensible conversations with other clairvoyants.

Within a year after the teachings, she became one of the highest paid women in the profession in which she worked, and one of the healthiest human beings I have ever known.

Let us focus our attention on a man whom we shall call Mr. Grant. He lived in San Francisco. Mr. Grant, a positive speaker, was led through a prayer with this author in which he prayed with all his heart and emotion for a business transaction to go through that had been pending for many months. In less than two weeks, he received a fantastic amount of money because the "long pending" deal went through in his favor.

Advanced students in this mental field learn these things from their teachers or books. The words are absolutely meaningless unless spoken with the heart. All rituals, all prayers and all types of meditations have no great meaning, value or power, unless spoken with the full mind power

and full en19tion of the person executing them.

If you became angry with someone or something and spoke with the heart, with full soul power and meaning, you would curse that per. son or object severely. I have seen carpenters and other people working with a hammer and nails miss the nail with the hammer and hit their thumbs. If they were to curse aloud such as "I will be damned," which is a very negative statement, and if they spoke with emotion, using their subconscious minds, they would bring an inharmonious condition upon themselves.

How often have we seen a craftsman do something wrong in the performance of his particular trade, become very angry, curse it severely with profanity and with words of damnation such as "This God damned thing" or "The God damned building" or whatever the object may be. If this is done with emotion and with the heart, a severe curse has been placed on the object. Therefore, it is well to master your speech, so you will not curse things, especially yourself.

Too many people have the bad habit of saying, "I'll be darned" or "I'll be damned." If they were aware of the teaching presented here, they positively would not say this, for they are damning themselves. It would be extremely difficult for them to be successful or be in good health as long as they are in the damnation they have presented themselves.

In the course of applying positive speech, if you do miss and you damn yourself or curse something, quickly speak out as follows: "The object I have just cursed is not damned." This would nullify the damnation, and you would have corrected it. This would render the damnation powerless. However, one must remember that words spoken with the heart must be done with full meaning and possibly more than what was originally used in order to remove the curses.

After a person has mastered positive speech and desires to think and speak with the heart constantly, the following story, which is fantastic but true, will be of much assistance.

On one occasion, while I was in San Francisco, a woman came to me for assistance. She was very weak and appeared to be ill. She looked at me and pleadingly said, "My God, I hope you can help me. If you cannot, I will surely die in a few days." After attuning to her I said, "You are severely cursed," and she chuckled and laughed rather foolishly and said, "You tire so right, but do you know how?"

I said, "Yes, it is very negative. It is one of the most negative curses I have ever encountered. I sense there are snakes in you and around you."

A smile of satisfaction came over her face and she said, "You are attuning correctly. Here, place your hand on my side and tell me what you feel." Inside of this woman was a material, live snake, and in her astral body there were hundreds of them, squirming and wiggling around her. In her abdomen or where you could feel it with your hand, there was a live squirming snake.

She said, "I have been to a doctor and had an X-ray. They want to cut me open and remove this, but I know enough about these things to know that they cannot save me. I have come to you, a Kahuna, for assistance." I assured her that I would do all in my power of teaching and training to rid her of this very negative condition. '

A ritual was done. During the ritual the woman became unconscious. She waved her hands and arms with her eyes closed. She moved and swayed like a giant serpent, and finally she became stiff and rigid and shouted aloud, "It is leaving me now! It is leaving me now! They are gone." Then she collapsed to the chair. After a minute or so, she opened her eyes, gave a faint smile and said to me, "Thank you. You have rid the plague from me." I told her that in a few days she would pass the material part that had disturbed her inside, not to be alarmed, that it would leave her.

As time went by and I checked with her, she recovered completely from this horrible, dreadful curse.

We later found out by a lengthy discussion with her that a person who had learned to do such horrible cursings from Africa had actually sent snakes to her, astrally, and one had become

material within her unit. It was destroying her.

Curses, such as these, are not too frequently found here in the United States, but it is quite common in many of the islands and with natives and savages.

I was fortunate to see this woman two or three times in the year to follow. I can assure you that she recovered completely and was in very good health.

On another occasion, a man whom we shall call Mr. A. came to me privately and said that he had been very ill in many ways for the past year or so. He had tried different medicines and had gone to doctors, but without any success. He felt as though he was cursed. After he was attuned to, he was told that he was badly cursed with a deep, muddy, maroon magnetic field from his own hatred toward many things and from people hating him. He admitted that this was so and that he seemed to argue with everybody he encountered. When told about positive speech, placed in a deep hypnotic trance, and led through sin complex removal, it was found that there were three entities (earthbounds) inside of him other than himself. They were spoken to and they spoke back to this author through the mouth of Mr. A.

One earthbound entity inside of Mr. A. said, "I think Mr. A. needs me for I am his older brother, and I have been with him now for ten years." I assured the earthbound that Mr. A. no longer needed him, and it would be pleasant for him and the brother if he would exit and go into the land of spirit to be helped.

The other two entities were spoken to in like manner, and they were assured that no harm would come to them, that they would have assistance and be much happier if they would exit from Mr. A.

A depossession ritual was done and all three entities left the magnetic field and body of Mr. A. He was filled with love and light to replace the empty space and was asked to return in a few days. Mr. A. did return and reported that he was feeling better, that he slept better, that he could think better, and his memory had greatly improved.

I have been told that about two-thirds of the human beings on this planet are possessed with earthbound spirits only because of misunderstanding, unenlightenment and lack of knowledge on this subject and what we are discussing and teaching in this book.

I have depossessed many people and have taught many people how to depossess themselves. It is a wonderful work. It is wonderful to have knowledge to rid yourself of undesirable things and attain happiness within the home and with your work and the world we live in through knowledge and understanding.

Mr. A. was greatly assisted in almost every way imaginable after the earthbounds were cast from him. He was able to keep his magnetic aura around him free from dissension, for he mastered positive speech and conquered a lot of his undesirable, negative ego. This changed his own magnetic field and made it possible for him to evolve higher on the path.

Hawaiian Kahunas speak with their hearts. They are wise and most powerful. These men who are born in the mystical, beautiful, magical islands are taught many wonderful things from the time they are small children-how to apply their full mind power and how to get things accomplished of which the average person knows nothing.

Not long ago while in the Hawaiian Islands on the garden island of Kauai, a Kahuna and I stood on top of a high mountain overlooking many valleys and gorges. The elevation was possibly one of the highest on this particular island, a high mountain area. As we stood looking over the beautiful landscape, the little man turned to me and said, "Do you see any clouds in the sky?" I answered, "No." He said, "Watch what man can do when he speaks with the heart." He held his little hands out in front of him, closed his eyes, attuned and adjusted to that which was within him, became harmonious within and spoke aloud in his native Hawaiian tongue.

After a short pause, he turned to me and said, "Now what do you see in the sky?" Before my very eyes a rainbow appeared about two thousand yards from where we were standing. This was

miraculous because there was not a cloud in the area that I could see, except for one or two white clouds very high above us, which were not rain clouds. I was most impressed by this material demonstration. I had seen several material demonstrations by the Kahunas, but this was one of the most outstanding I had witnessed.

At that time, I was curious to have an answer from my own mind, so I closed my eyes and asked with all my heart, "Give me a sign, a sign that I may know that the Kahuna used his full power or his God power to perform this miracle." In less than five minutes, I looked up high into the sky and where a small white cloud had been, there was a figure eight, signifying the infinite. A smile crossed my face, for I knew I had received a sign in answer to my request. When this was told to the Kahuna, he was very happy to see that a haole (a white, skinned man) could also receive answers and control the elements.

In searching for knowledge and wisdom, it is essential to have harmony within. With this harmony, man is infinite, for man is God created in the "image of God" with full power and glory. When he has the ability to speak with his heart, he is using his full God power.

## Chapter 20 TREASURES BEYOND DESCRIPTION

The following is a true story of a woman that had aggravated a black magician. We shall call her Mrs. X. She came to me privately in Los Angeles and told me that she was very ill and had been cursed heavily by a man that hated her very much. After leading her through sin complex removal and ridding her of negative ego in a deep state of Silence, it was found that she was not only possessed with a demon but also animal forms. Because of the nature of the possessions which this author had not encountered too often, she was asked to return in front of a group of advanced students. One of the advanced students was asked to depossess her in front of the class. These students had already received this type of teaching from the author.

During the ritual, a black panther was cast from her along with three black cats, some snakes, three owls and a very negative, undesirable, black - auraed earthbound. The creatures were placed in their proper dimensions where they belonged, and the woman was prayed for by the entire student group of advanced students.

She was very ill and almost completely without normal mind before this exorcising ritual had been performed. Her abdomen was greatly distended with gas and she had great pain in her being. During the exorcism ritual, which did not last at the most ten minutes, all of this distress, sickness, mental anxiety, confusion of the mind and all dissension left her. As time went on, she was able to know who she was, adjust to a normal state of living again and rapidly gained back her health.

It was found that Mrs. X. had become familiar with a spiritual man who had evidently not mastered any of his negative ego, and she had offended him in some manner. He had levied these things at her with his knowledge of these things and with his great hatred for her.

We have found that there is no such thing as black magic. There is just magic. If it is misused, then it is termed "black", but in reality the power is one power. If it is misused, it is the person who is evil; not the magic. If it is used wisely and correctly, it is termed white magic.

It can be like unto a knife. In the hands of a good person using it to cut bread and meat to serve at the dinner table, a knife is not undesirable. It is but an instrument. In the wrong hands of an undesirable person, it would not be used in a positive manner but a negative manner, yet the knife itself is not negative. The person who used it would be negative if he were to harm someone with the knife.

So, you see, magic is magic. It is not white, and it is not black. It is the user, whether he is good or not good, or whether he is in the understanding or in the light or without understanding and in darkness. This is the way the power works.

Men and women who have misused the power down through the ages have not been able to escape punishment from their own minds. Their own minds realized it and levied heavy punishment upon them.

We who are working with the power, with the God power around us and in us, realize we are not to misuse it. We are to help all life with it. It is very glorifying and a good feeling to be able to help a woman like Mrs. X. when in distress of this nature. This author and his associates help many people such as she, and we are teaching others to help too.

The stories in this book are true. There are so many such stories that we do not have time or pages to tell you all of them. They may sound fantastic and unbelievable to you, but we assure you that what you have just read happens quite often all over the planet. Those of us who have studied and learned this work are well aware of it. While in Las Vegas, Nevada, a young, attractive woman came to me for assistance. After attuning to her, I realized that she was severely

possessed, at least it appeared this way, with many earthbounds in her. She was placed in a deep trance, and it was discovered that her own mental bodies within her unit were badly out of "alignment. She was like unto a deck of cards fanned out and straightened up, and some did not go back into the deck properly. Her own mental component parts were disarranged, thus, giving her bad health, uneasiness and much dissension.

A ritual was done to bring her into harmony with readjustment and alignment of her mental bodies. It was done with the passes of my hands and the Spoken Word for balance and perfection. Her Higher Self was requested to take full charge and assist her unit in every way it could.

She instantly received astounding results. Her nervousness, the quivering, the sobbing ceased, and she became calm and relaxed for the " first time in many years. Soothing words of reassurance and of assistance of every nature were given to her for about fifteen minutes, and then she was awakened. She was very pleasant, very happy and tears of joy were in her eyes for having been helped that much so quickly. "

To be able to understand" things of this nature, work with them and assist those who do not understand them, is one of the most gratifying things ever to be beheld by .any living soul.

Somehow, somehow her mental bodies had been out of kilter. They had been disarranged, possibly, by shock or fear. Many things of a severe nature could have caused this, but realizing that harmonizing and blending of the mental bodies was the key to assisting this young woman.

She returned two weeks later and was very happy and in good health. One of the greatest gifts is the, knowledge and wisdom we can acquire to help people such as we have just told you about.

This is a story of one of the first exorcism rituals that I took part in. In Los Angeles, California, I was approached by a man who told me that he thought I could help his wife because of the studies I had received in spiritual work. I made an appointment to go over to his home that evening and see if I could help her.

She was a woman about twenty-three years old and would have been attractive if she had been properly dressed and clean. We got started very quickly in analyzing and getting to the root of her problem. It appeared that she was a very dirty housekeeper. I had never seen such a filthy home as theirs in my life. There was debris swept up under the kitchen table and it had been left there for many weeks. I do not think the coffee pot had ever been washed. I would say that she had worn the same dress every day for many days and also slept in it. Her hair looked as though it had not been washed in months.

I attuned to her and immediately picked up that there was a very negative force in her and around her. I proceeded to ask her questions. She said that she had been this way for many months, possibly a couple of years. She did not understand why. She said that she was miserable and sick with stomach trouble most of the time, and had no desire to keep her home clean and neat. She said she was compelled to drink liquor excessively. ...,

The young woman was placed in a deep trance and I spoke aloud, "You who are in her, I wish to speak with you. Who are you?" A masculine sounding voice spoke from her mouth and said, "God damn you, leave us alone." I ~aid, "Who are you? You must answer me," and he said, "I am her father. I am here because I hate her, and I am making her as miserable as I possibly can."

An exorcism ritual was done. The deceased father who had taken possession of his daughter was forced out of her by die knowledge I had acquired to do such a ritual, and the woman was free of this, torment, sickness and filthy condition. When she came out of trance, she ,was shocked and dismayed at her filthy house and her filthy appearance.

On the way home from this experience, the lady sitting next to me said, "My God, the man you took out of that woman is inside of me. He is telling me to grab hold of the steering wheel and run the car into an oncoming truck. He wants very much to kill us all. He is angry because you took him out of his daughter. He has entered me."



I quickly stopped the car. There were three of us in the car, the woman that had just spoken to me saying that she had taken on the other woman's possession, and a young man. I quickly did an exorcism ritual upon the woman sitting next to me, but this time I was far more serious and much more emotional than I had been the first time. Now I had fear coupled with my mind power, which gave me much more emotion and far greater power.

With this emotion, I cast the intruder from the woman in the car. This time he was placed where he belonged so that he could not possess other humans again. When he made his exit, he came out of her mouth as a dark shadowy force, a very gastly experience, and then she said, "He is gone and he cannot return any more."

In the first years of this type of spiritual work, I had not had the years of experience behind me that I have had recently and a lot of it was trial and error, hit and miss, but you learn through the years with experience. Now we have complete control of such a condition, if it were to arise again.

Please note that hatred is the cause of it all, for those people who are badly possessed and who are living negatively. Her father could not possibly have hated her unless she hated him. It takes two to hate, just as it takes two to love.

These stories are true. They actually happened. The lessons we receive from these true experiences can help us very much to understand how undesirable ego, hatred and dislike can make our lives very miserable and uncomfortable. If we realize this and change our thinking and our speech, we can have a very happy, beautiful life on this planet Earth.

There are many things termed treasures. One of these is love. To love someone and all things, and to be loved, is the most fabulous of all treasures. You have to apply many of the Cosmic Laws in order to love and be loved. You have to be humble and show affection. You have to have the high rate of vibration which love emanates. To love someone with all your heart is to love with all your mental bodies. Few people are capable of this, but there are some who attain this glorious ability to love with all their hearts and souls.

A wise Kahuna once told me that the most pleasurable moment in his life was when he was sitting in his back yard toward sunset, at the end of the day's work, relaxing on a wooden bench looking out over the Pacific Ocean with his wife sitting at his side. She would place her hand on his leg, and he would place his hand on her hand. They would just sit there in this ecstasy of divine love attunement.

This is a treasure beyond any words in our vocabulary. Very few humans have sensed and felt it, but it is a goal worth striving for, to be able to feel love as deeply as this old man was telling me of.

There is also the love of all life. I believe, before any human being could love this deeply, he would have to have a strong love for all life. In so doing, he would automatically love everything within another human being.

All of the great Masters taught that there are millions of dimensions within a human being. We are made in the "image of God". Therefore, as the Kahuna expressed himself to love his wife in this way, necessitated the love of all life within her being, including her very soul.

A man such as I am speaking of is capable of loving all insect life, all animal and plant life as well as another human being. The insects, animals and plants know this. They sense the vibrations around humans and would never attack or harm them in anyway. This has been proven to me many times. It is best to learn to love all the life you possibly can.

Rather than kill the house fly or the ant that plague a lot of people, if you would look at them as an intelligent form of life and show them affection, they would not bother you. Should the intentions on your part be honorable, rather than to destroy them, you would put them out of your house. They would sense and know this and would not bother you in anyway. They would never bite you. There would be an understanding of love between the two forms of life.

There are some advanced metaphysicians who are able to contact only higher beings' of other dimensions by the method of love. How would this be possible if they were unable to understand love for all life? Of course, this contact would be impossible. These beings on other dimensions, even other planets, understand the God laws, the Cosmic Laws, and one of the strongest of all is the Law of Love. By desiring to be affectionate to them and having affection returned to you, a contact with these entities and beings is made much easier.

Love is a magnetic force in action. It is stimulated and created by some of the Cosmic Laws: First, the Law of Thought, then emotion and then motion of electrons within our units. This creates a magnetic current which turns into force and power which can be directed by the mind. The result is a strong forcefield of love of a magnetic nature. This has been proven over and over in classroom demonstrations.

If you stand two people at opposite ends of a room, facing each other, with the palms of their hands down and toward each other, and have them walk toward one another, they will feel a magnetic sensation in the palms of their hands, if they are sensitive. There will only be a short distance, approximately six to eight feet, between the two people when their magnetic fields meet if they do not think love of anything or anyone. However, if one or both will think love to the other or of the life within the other as a glorious white light, the magnetic field will instantly brighten and become stronger. The person walking near the other will sense it far sooner than if he had not thought anything at all. This is a material demonstration of the magnetic field of love.

There are other ways to demonstrate the magnetic love current produced by a human being or life forces.

Cup your hands around any living plant, direct to it affection, desire and will love to go to it and make this love change the plant into a beautiful and healthy plant. Surprisingly, the plant will respond and will far exceed in beauty, size and quality all other plants of its nature.

I have found it is most important to apply affection and consideration to that which you love. This automatically stimulates the magnetic field, and the love motion is instantly generated. All things can be affected by this wonderful magnetic condition.

It has been said that some outstanding healers use this method. They produce magnetic currents of love toward the life within a sick person, thus eliminating distress from the patient, bringing ease and a feeling of well being. It stands to reason that if it works on a plant or a flower, it will work on a human as well as all life. This is one of the great treasures we are all seeking, so let us apply this truth in our day-to-day living.

Money is termed a treasure. Gold, silver, coins and currency made by the different governments for the exchange of material objects, necessities of life and countless pleasures, have always been much sought-after treasures.

Many religions have taught their followers it is a sin to have money" I do not agree with this teaching, as it is impossible to have peace of mind if you have debts that are unpaid and if you do not live in enough luxury to be content with life in general. In order to have a sense of balance, money or treasures of this nature are required.

All great Messiahs have been wealthy as far as money is concerned. Recall, if you will, how we are told in the Bible that Jesus, at birth, was given a fortune in treasures by the three wise men. Moses was a great teacher and leader and a great Messiah. He was tax collector for an entire nation. He had wealth beyond description. King Solomon had the largest of all treasures: money, diamonds, emeralds and all forms of material treasures. Yet, they called him the wisest of all. He had to have a lot of money, for he had a thousand wives! Buddha was a great teacher and Master. He was also the son of a ruler of a great domain. Therefore, he too had treasures of a material nature.

I am pointing this out to you so that you may see there is a Law of Balance. To attain mental power and spiritual power, you must also attain material power. This forms the three points of

the triangle and you, therefore, evolve into balance. I do not believe it is necessary to be a millionaire, but I am convinced it is necessary to have enough money in order to have peace of mind, thus making it much easier' to meditate, enter the Silence and to communicate with many mind forces, including your own.

The greatest of all treasures, is knowledge and wisdom. Knowledge is that which is taught to US, either through our own mental bodies in meditation or by a material teacher, also by an invisible teacher from another dimension. We analyze the knowledge given us and put forth the effort to apply it. True wisdom is to apply and make knowledge work. It is also to know and realize this. A person who actually applies knowledge is fulfilling the law. Knowledge is truly power and using it properly is wisdom.

In Hawaii of old, the Kahunas had much knowledge on certain subjects such as walking on hot lava beds. In order to do this, they had to apply the wisdom which gave them the ability to accomplish this feat. They also had to have knowledge of this lore to enable them to heal the sick. It is said they laid their hands on the sick, even healed broken bones which knitted together and the skin healed without scars.

Using this knowledge, ability and wisdom down through the centuries, the Kahunas were able to control the elements. They controlled the fish of the sea, so the fish would come to the nets which were waiting on the shore. They also controlled rainfall and the high winds, bringing calmness to the rough seas. These and other miracles men throughout the ages have been able to perform, by acquiring a storehouse of knowledge and applying their wisdom.

It was pointed out to me, while in a mystery school, that the average individual could do nothing unless he was first taught knowledge. Our first steps in walking were taught to us by our parents or those in charge. They held us under the armpits, walked us along until, finally, we could walk unaided. Everything we now know and can do, someone had to teach us.

There is a saying, "God helps those who help themselves." It is good to pray for the ability to achieve love, money and wisdom, and then apply yourself to reach your goal by attaining the knowledge and wisdom to acquire these things.

We are as we "thinketh subconsciously". If we pray hard and long enough in harmony, our subconscious minds will want what we want consciously and we will attain it. That which is imbedded deeply in our subconscious minds will become a reality.

What you have just been given is the key to attain wisdom, money and love.

## Chapter 21 THE 33 COSMIC LAWS

Everything is governed and controlled by a group of laws called Cosmic Laws or God Laws. These laws are always working, whether we are conscious of them or not. The more we know of these laws, the more we will understand our selves and all life. They are as follows:

1. SELF PRESERVATION - This means to stay alive and to stay healthy. This number one law supersedes all others. Everything alive struggles to stay alive and to stay healthy.
2. TRINITY - This is symbolized by the triangle which means body, mind and soul. Everything in existence consists of three basic parts, thus, forming the holy trinity. When drawn in a symbol, it is the triangle.
3. BALANCE - This is plus and minus, sanity, black and white. To stay in balance is very important, for if any object were out of balance, it would not be functioning properly.
4. HARMONY - This is peace, contentment and awareness of truth. Everything in existence must be in harmony with that which is around it, near it or in it. If it is not, it would be out of harmony. It is our object to stay in harmony with all life.
5. UNITY - This means to blend with, to unite with, to become one with all and to expand with all.
6. MAGNETISM - It is the root of energy and love. Everything in existence has a magnetic north and south pole, plus or minus, from the smallest electron to the largest planet or galaxy or universe.
7. LOVE - It is a mental expression of affection that creates emotion, energy and power. It has been stated that this seventh Law of Love is the most powerful of all. All things are created and controlled with love. Love brings happiness and contentment to all life.
8. LIFE - This is awareness of existence, the hydrogen atom, the breath of life, and the life of thought, for we are but a thought of life.
9. LIGHT - This is truth, energy, mind and understanding.
10. CHEMISTRY - Chemistry is a science of knowledge of which all things consist, both material and astral.
11. DEMAND AND SUPPLY - This is the applied will and spoken word with emotion that will supply any man that which he demands, if it is done in the correct manner.
12. SPLIT AND DIVIDE - This is also die vide and expand. All life, birth, plant life, human life, animal life and the life of big business splits and divides, divides and expands in the process of branching

out.

13. **ATTRACTION** — Like attracts like, good to good, bad to bad, plus to plus, negative to negative.
14. **SPIRAL** - This represents evolvment, realization of God, awareness of truth and application of wisdom.
15. **VIBRATION** - This is pitch of motion. All things vibrate. This is a very powerful law. There is no such thing as color, only vibrations which bring to us that which appears to be color;; There is no such thing as sound, only vibrations that we have named "sound." Vibration is of a high pitch on a diamond and low pitch on material flesh. Man and woman vibrate by an uneven number or an even number, thus, their vibrations are different. Everything is controlled by vibration.
16. **KARMA** - This law springs forth from our own creation of thoughts. We are as we believeth, and if we believe we must compensate, our inner minds create our own Law of Karma. That which we put out, we must compensate for. If it be harm to others, harm will come to us. If it be good to others, good will come to us. This is the law of compensation.
17. **CYCLES** - They are controlled by the rays which are continually descending to Earth. Everything that has happened throughout the ages has happened in cycles - earthquakes, wars, business cycles and falls of empires. All things are controlled by this Law of Cycles. We must learn to attune to these laws and work with them, thus being in harmony with all life.
18. **THOUGHT** - Thought is said to be the fastest and the most swift of all things. It cannot be measured it is so fast. It is the root of all things. First was the word and the word was thought and with the thought everything was created. .
19. **MOTION** - Emotion creates motion. Motion is a movement which is very powerful.
20. **ENERGY** - Energy is created with the movement of motion.
21. **CREATION** - Creation is the thought, the motion, the energy or the power to create. When the previous laws are working in harmony, they are able to create everything.
22. **IMMORTALITY** - The Infinite Mind Power is immortal, and that which it creates is immortal. Things only appear to die or vanish but, scientifically speaking, there is only a molecular change.
23. **CIRCLE** - The circle is symbolic of infinity, no beginning, no end. The circle means good, perfection and is a symbolic meaning for the word "God."
24. **TRANSITION** - This is what we call death. In reality, there is no death. We transform from one "dimension to another, one vibration to another. We change molecular structure.
25. **TRANSMUTATION** - When this law is used wisely, it is strong and powerful. The key "to almost anything man can accomplish is

the ability to transmute one's thoughts from one object to another quickly. When transmuting your thoughts upon any object, you can become more powerful by being emotional and using your full will.

26. GRAVITY - This is what holds material and astral things on the surface of" the Earth.
27. CAUSE AND EFFECT - Whatever there is in effect, good or bad, there is always a cause. A wise healer will always correct the cause; then, the sickness, which is the effect, will leave.
28. NUMEROLOGY - All things depend upon numbers. All things are created by numbers and controlled by numbers.
29. AS ABOVE, SO BELOW - This means that many things follow the same pattern in other dimensions, no matter how high or how low. There seems to be a set pattern.
30. INCARNATION - This means to incarnate from one vibration or dimension to another, one planet to another, one galaxy to another.
31. ADHESION AND COHESION – The advanced metaphysicians and outer space people are well aware of this law and use it for extreme speeds to commute in outer space.
32. ASSUMPTION - This law is an intriguing one to the advanced metaphysician. To assume the feelings of a person or thing is an outstanding action. To assume the feelings of a plant or tree brings oneness or realization that you are that which you assumed. .
33. ONENESS -- This is to blend with and become one with all mind and all life in all space and all dimensions. It is to become one with that which you already are and to realize and have an awareness that you are God. This is the extreme height of evolution, of comprehension, of realization and understanding, of Christ-consciousness and of Godliness. All of the above-mentioned conditions fall under this law. These laws function where there is no time and space, and this is the ultimate or final awareness of Oneness.

If you will meditate upon the 33 Cosmic Laws that have just been explained, you will grow into a realization of all these things. It is wise to take one law at a time and meditate upon it. If you will enter the Silence and think of many things pertaining to that one law or word, great revelation, realization and wisdom will come to you. You will understand more than you have ever comprehended before about life, your life and all life.

The knowledge of faith is a wonderful thing to have. There are two kinds of faith, true faith and false faith. False faith is the conscious material intellect. True faith is knowing derived from the soul and inner mind.

When dabblers in the occult science think there is a God other than man or something superior to animal man, they breed superstition and lack of true faith. Those with knowledge of divine will within sell can have true" faith which is divine Self-confidence. The highest power of intellect, if without spiritual understanding, is only a high-grade animal intellect and will perish in time. Spiritual intellect will live for eternity.

Faith is a power of the soul. Realization of man's inner self strengthens his faith. Diseases may be cured by faith. It is like love; it can, not be forced. It is knowledge of your true self. The more knowledge you have of yourself, the more faith you have. It is a real knowing of the soul and is fed by the inner mind. Faith is the inner power from the mind and soul. It will and can do anything, for it is from the sea of energy and power.

Faith in the outward self, material things and teachings, is shallow compared to the true power of faith from the knowledge of mind and soul deep within. Love builds faith, and happiness increases it. Knowledge of spiritual things adds to faith. Realization of mind and its full power gives us more faith. It is truly the power behind all men.

Faith is like a small brook that starts high on the mountain side and as more water is added to it from the canyons and crevices, it becomes a mighty river of power and strength. It is based upon proven wisdom. Wisdom derives from knowledge. The more knowledge man has, the more faith he has. Man can attain wisdom when he is taught knowledge. Wisdom builds faith. A great Messiah once said, "With faith you can move mountains."

It is good to have some knowledge of the science of color, for color is 80 per cent of the deity in most things. The more we know of colors, the more we can appreciate beauty. Color affects our minds and nervous systems very much. It can make the difference between feeling gay or despondent. It affects our health to a very large extent. Can you imagine eating a black egg or a bowl of lavender soup out of a brown plate or bowl? Chances are that it would make you ill. Every music note has its matching color.

Here is a list of colors and their actions:

WHITE -	Reflects all colors, cheerful, cleanliness, uplifting, powerful, strong, good.
BLACK -	Absorbs all colors, neutral, in clothing it absorbs heat. Materially, it is not negative. Astrally, it is very negative.
PINK -	A color of love.
ROSE -	Virtue, inspiring.
CORAL -	Repels all adverse things and allows calmness.
LIGHT GRAY -	Mental strength.
SILVER -	Purity. A bar of silver is used to purify water.
LIGHT GREEN -	Refreshing.
MEDIUM GREEN -	Peace, rest and sleep.
DARK GREEN -	Calmness.
LIGHT BLUE --:	Purity and uplifting, truthful.
MEDIUM BLUE -	Healing.
DARK BLUE -	Happiness.
ORANGE -	Stimulating and beautiful.
LIGHT RED -	Uplifting.
MEDIUM RED -	Inspiring, invigorating.
DARK RED -	Irritable if used too much, very stimulating.
YELLOW -	Alertness, wisdom.
GOLD -	Contentment, evolvement, goodness, purity.

BEIGE -	Wholesome.
TAN -	Produces action or movement.
BROWN -	Not good to wear, produces despondency. It is undesirable both astrally and materially.
PURPLE -	Stimulating, uplifting. .
LAVENDER -	High rate color used for spiritual unfoldment.
TURQUOISE -	Energizing, healing.

Color science is a beautiful facet of the occult science that can be studied extensively. That which we have just given you will assist you very much in your choice of colors for clothing, furniture, appliances, and means of transportation.



## Chapter 22 GHOSTS AMONG US

The word "ghosts" has a broad meaning. People who have not studied books on metaphysics believe anything unseen with the physical eye or of a supernatural nature is a ghost. People refer to the spirit of a dead person as a ghost.. The terminology for this type of a ghost should be an "entity." There are good entities and bad entities, the same -as in the material dimension with human beings. Every living thing has an. entity within, whether. if be of the material body or of the spirit world. There are as many entities in the spirit world as there are in the .material dimension.

A human being, can be killed many ways and go through what we call death or transition, but the entity never dies. It goes into the world of spirit after the material body. is dead. The thinking capacity of an entity does not change just because it goes through transition from a physical body.

If during his lifetime a person was a staunch Catholic, Protestant, etc., the entity after death, living in spirit, will still have the faith of the religion he learned while in the physical body. This does NOT alter or change. This makes the condition of belief almost identical in spirit as it is on the physical plane.

If a person goes through transition with the belief that there is no life after death, he will be in a state of absolute confusion. This confusion continues until he can readjust and be shown and guided properly to the realization that he is not dead or alive, but has only gone through transition or change. They then live in the life of spirit.

I have spoken with entities in the life of spirit in the séance rooms. The information gathered from such meetings and by communicating with them mentally has proven to me beyond a doubt that this is truth. Anyone with a broad mind, who will take the time and money to find this truth, can do so easily.

There are many professional mediums who can contact the world of spirit and speak with the entities who have gone through transition. There are also mystery schools where a person who has a broad mind and wishes the truth on these matters can be taught, and it can be proven to him many times over that the world of spirit does exist. He can be taught to communicate with spirits through clairvoyance, clairaudience and clairsentience.

The entities passing into spirit who have not had a great amount of this teaching are very confused, lonesome and lost. In some cases, they do not even realize that they have passed through transition from the material body. They don't understand why the material beings cannot hear and speak with them as they always have. There are automatic laws governing where such an entity will go and to which plane of spirit. This is determined completely by the magnetic field or aura around the person at death and during his lifetime.

If a person has been negative and evil, the rate of vibration in his magnetic field would show this and upon transition, the entity of such a being would go to the plane with the rate of vibration like unto his own. Like attracts like.

Millions of these entities have not had an understanding of truth pertaining to the here~ after. They believe subconsciously that they have broken the Ten Commandments and sinned. They create a negative magnetic field around them with possibly brown, black or dark grey colors in their auras. These conditions earthbind them to the physical dimension. These entities are termed "earthbound entities" due to their material habits and living conditions prior to death. Not having peaceful or content lives in spirit, they are attracted to those things with which they are familiar.

If a person in life was strongly addicted to tobacco, liquor or narcotics, he would still have these

strong desires after going through transition. Not having a physical body, he could not continue these habits the way a person in the physical body can. He would, therefore, be attracted to a human being with these undesirable habits and become locked in the magnetic field of that person. The only way he could quench his thirst for these undesirable things would be to draw the essence of the liquor, nicotine (or whatever else he was addicted to) from the living human being. He would be considered a leach. The entity would plant himself in a living human being and would encourage him with suggestive words or thoughts to indulge in the habits with which the entity was familiar.

A clairvoyant can go into an undesirable part of any city and see this. With the spirit eye, a clairvoyant can see many earthbounds who are addicted to alcohol encourage a living human (known as a drunkard) to take more liquor, so that they may extract the spirit essence of the liquor, thus satisfying their desires. This is a very undesirable type of ghost or entity. It preys on the living. In most cases, the human being who has these undesirable habits is not aware of what is happening and becomes the slave of an earthbound entity or entities, being controlled by them with a constant bombardment of mental suggestions made to his mind. This earthbound condition that an entity sometimes finds himself bound in is frequently called "purgatory."

The force field around the entity is not black enough or brown enough to take it down under the ground. However, it is not clear enough or bright enough to take it into the spirit realm where it belongs, so that it may continue its spiral upward in evolvement.

A person who has a guilt complex of sin, no matter what it be, has opened the channels making him subject to the influence of an earthbound. The spiritualistic organizations' agree that two-thirds of the living human beings are possessed or obsessed with earthbound entities of this nature or character. It is my conviction, after working with this, studying it and using my intuitive ability, that over three-fourths of the living human beings today are possessed with an undesirable earthbound entity. This means that they are not master of themselves but are constantly in mental conflict. They will do things against their own nature because of the directions from the deceased entities.

In the Past, I had an opportunity to observe seventy-two such earthbounds cast from a man in Honolulu, Hawaii. Some Kahunas are capable of casting out "demons" (earthbounds). It was my privilege to have known and been taught by these advanced priests of the Huna religion.

There are several ways you can detect if a person is possessed. One way would be if a person has what we call a "split personality." One day they are very likeable and jolly and the next day very irritable, and their likes and dislikes are completely different from those of the day before.

A woman I once knew came to me for mental and spiritual help. She told me she had been riding on a bus going to San Diego. For no apparent reason, she had a strong desire to get off the bus and go in the other direction. She was with a crowd of people but insisted that the bus driver stop. She got off and returned to Los Angeles alone. We later found (while in consultation with this woman) that the earthbound which possessed her did not care for the company she was traveling with or where she was going, and it wished to return to Los Angeles. The earthbound directed the woman to do this, and without knowing why, she made the return trip.

Almost all forms of insanity are caused by human beings being possessed by entities from the earthbound dimension. They may have one to a hundred entities or earthbounds in their magnetic fields. In the Bible, Jesus cast a legion from an insane man, thus, making him whole or curing him.

Please do not condemn this teaching until you have taken the time, trouble and money to prove it one way or the other to yourself. Those who do take the time, trouble and effort will testify to this astounding reality. A human being living in the material dimension (in the material body) who is possessed is truly the cursed and the damned. If he had not sinned or if his sin complexes had been removed, this would not have happened to him.

There are millions of these unfortunate people on this planet. There are several ways they can be depossessed. One such method is the commonly called "electric shock treatment." It works sometimes, but what becomes of the entrapped entity? It is also a shock to the nervous system.

Knowledge of these things and the daily application of positive speaking and thinking is one of the best methods known to free a person of earthbounds. It will keep one free of these undesirable creatures from the world of spirit.

A person who is possessed has a set pattern. This pattern can be recognized and distinguished by those who have knowledge and authority to assist them. Other than a split personality, these individuals are usually very nervous and have a lot of energy. They require less sleep than the normal person. They get into heated arguments quickly causing cramps in their abdomen, and in some cases, severe headaches. .

It has been known, in many cases, for an earthbound entity to attach itself to a living human being, taking over completely the mind of the living person, forcing itself into his magnetic field and lying dormant there. This is complete obsession, and it is not uncommon among possessed people. In one case, a man's signature became so completely different that his own bank would not honor or recognize the checks he had signed.

In most cases of obsession, you can talk to these possessing entities while the human being is in a hypnotic trance. This is the surest and best way to find out if a person is possessed. If the hypnotist has the knowledge to do the directing, all he has to do is ask to talk to the entities within the human being. He can have long talks with them and find out their names, where they lived and when they died in the physical body.

In most cases of this nature, the entity entrapped in the magnetic field of the living person does not want to be there. It was attracted to it either with love or hate or for some undesirable habit. The entities cannot escape once they are entrapped. This entity should not be thought of as evil. .

It lacks knowledge and understanding which caused it to place itself in this position. It was a victim of circumstances. It has no self-mastery ability, no more than the human being who attracted the entity. If a person knows of these things and develops himself consciously and subconsciously, he will be free of such attacks. Knowledge and wisdom are the only way to make this a certainty.

A lady came to me in Oakland, California, for help. She had been paralyzed on the right side of her body most of her life and wished to get to the root of this condition. She was placed in a hypnotic trance and her subconscious mind spoken to.

Her subconscious mind was aware of the paralysis, and, it said it was due to the earthbound possession in her that had been there since she was six years old. The woman was now over sixty years of age and most of her life she had been possessed. The possessing entity wanted to escape. It was miserable, the same as she was.

I was curious to know how a six-year-old girl could be possessed in a manner like this, with a possession strong enough to cripple on side of her body for so many years. In talking to her subconscious mind, I was told that when she was a little girl, she lived in another country on a ranch. Her "father told her there was no Santa Claus, that this was only a myth. On Christmas day, one of the hired hands decided to bring happiness and joy to the children by dressing up as Santa Claus.

She was sitting on the floor playing with some toys with another child when the door opened and she looked up to see this huge Santa Claus. She was so frightened that she passed into a state of shock. During the time she was in shock, an earthbound entity that had lived on the ranch while in the physical body, but who had gone through transition or death possessed this little girl. He was drawn to her magnetically and bound there all through her life. When he tried to escape the trap he was in, he would cause a paralysis on the right side of her body. He was not able,

however, to take complete possession of her.

Because this woman had become aware of metaphysical teachings and had asked for help, it was possible for the possession to be released from her and taken into the world of spirit where it belonged. From that moment on, she was no longer paralyzed, although she had gone through the greater part of her life in this miserable condition.

In my observation of such cases, I have found that many people are possessed because of one or two reasons: Hatred for someone who has gone through transition into the spirit world, which will quickly attract that person's spirit to them, thus, they become possessed by the person they hated; secondly, if they love another person very deeply and continually go to the grave where that person is buried crying and praying for the loved one to return, they will also attract the entity of the deceased person to their magnetic field.

This is such a common occurrence that the first thing I ask when checking a possessed person is if it is their deceased wife, husband, child, mother or father. Usually it is one of these and because of a strong love and the lack of knowledge, they have bound the spirit entity of the loved one to themselves.

One man came to me and asked for help. While under the hypnotic trance, I spoke to his subconscious mind and also to the entity residing in him. It was his own brother who had been killed in a war. Due to the love they had for each other, the brother had been attracted to him and caught in his magnetic field, thus possessing his material brother.

As soon as the exorcism ritual was done and the brother taken from the magnetic field of the man, both were assisted very much. The possessing entity was taken to the land of spirit and assisted, and the material man was relieved of the earthbound.

The human beings most vulnerable to becoming possessed are some of the Spiritualist reverends. In attempting to heal the sick and diseased people, they accidentally cast the earthbounds from them. Because of the lack of knowledge and wisdom on this subject, they allow the earthbounds to attack and enter them. On many occasions, I have seen as many as twelve in some of these reverends. They are surely the "cursed and the damned." By not having knowledge of these things, they have "tread where angels dare not."

There is nothing to fear in what we have been discussing if we understand and know of it. Those who know nothing regarding this subject are the ones who become the targets for these entities.

Not only must you know of it, you must also apply yourself in a positive way and free yourself of sin complexes. Live a good life, think and speak positively and rid yourself of negative ego. This will change your magnetic field to a strong and powerful one. It will remove all dissension and you will be secured with power and light from all earthbound possessing entities.

It is a good idea to pray for those who have gone through transition that they may be helped and guided by spirits assigned to this duty. In so doing, you will help these souls tremendously and in this way free yourself if they happen to be around you or attracted to you.

There are some stones that repel earthbound entities. The vibrations of life force emanating through these stones can actually drive away undesirable things from other dimensions.

In San Francisco, a woman came to me for help. She did not want me to depose her, preferring to do this herself. She asked me what material method she could use that would assist her with prayers. I told her that, according to the occultists, the coral brings peace within and calmness to all things. It also repels earthbound negative forces. She purchased a genuine coral necklace of a deep red color, put it around her neck and wore it day and night for sometime.

I saw her two weeks later. She said she was free of the possession, which had been her deceased husband. She, of course, had the understanding and teaching and knew how to apply her mind to help herself. However, the coral did help considerably.

There are other material aids that will assist greatly in this work. Also, there are mental and spiritual ways in which you can think and pray that will assist greatly. I shall refer to these from time to time throughout this book.

When helping others, as mentioned heretofore, always remember that self-preservation is the number one God law.

Humanoids are human beings who are being controlled, mentally and spiritually, by someone else. There are thousands of humanoids here on this planet. In every respect, they appear to be normal human beings, although they are being directed by the will of another. These poor souls in human bodies are truly cursed, for no one can be more cursed or damned than a person who is not master of himself, or is enslaved by the mind power of another. Other names for these humanoids are human robots or slaves. "

Most alcoholics are nothing more than a humanoid, being prompted and directed to drink so that the entity which has taken possession of the body can survive on the essence from the liquor they drink.

Humans who are addicted to dope are also humanoids, for they must take these drugs for the pleasure of the entity or entities within them, who force them to continue this addiction.

Another type of humanoid, and they are the most dangerous to all societies and nations, are the ones who take orders and directions from the one who sent them to possess the human being. A human being that can depossess a person can also send entities to possess a person.

The entities are given a hypnotic treatment making them slaves to the one who is in control. They usually select a person in high office or a government official as their target for this foul play. As the years go by, this small group that is capable of these things finds they can control many things and many people. No one ever suspects, for it is so fantastic that the average person cannot comprehend such a thing happening. The entities who had been placed within them were completely in control.

Many of the very wealthy men who control big businesses are possessed by intelligent entities who take orders from someone else. Some political leaders are possessed by these entities and are governed completely in all their actions. The average person can soon learn to distinguish who is possessed and who is not by the training we are giving you in this book.

On one occasion, some dignitaries in high political offices were checked by a group of psychic people with whom I am familiar. It was astounding to find that almost all of these leaders, voted in by the people, were not themselves; they were nothing more than humanoids.

In the Hawaiian Huna Science, we are taught that to get to the root of a subject is very beneficial and powerful. Some of the actions of political leaders and the way that certain places are governed, very seldom, if ever, make good common horse sense. If you get to the root of the matter, it is usually because they are controlled through an entity by a small group that is in charge with the outcome always being beneficial to this small group. No matter where you live on this planet, you will find this so.

There have been men who have mastered hypnosis and have controlled nations with this knowledge and wisdom. During the reign of Hitler in Germany, the goose step march was popular. It is almost impossible to think of anything other than the goose step while you are doing it. Consequently, when orders were shouted to men and women, it was a direct command into their subconscious minds, forcing them to obey quickly without first analyzing. This is one of the most outstanding forms of mass hypnosis.

Another form of mass hypnosis is when some great leaders choose to have what they call a fireside chat. Everyone is instructed to draw up a chair or pillow and gaze into the fire while the speaker speaks a few words. Anyone who has studied hypnosis knows that a flickering fire or candle is one of the fastest ways to induce hypnosis in the average human mind.

These men have studied this science, know it well, and know what they are doing and how to

do it. Sometimes it is used for the good of all people and all life, but it can be misused. It is good to be aware of these things, so that you cannot fall prey to this and you, yourself, become a living, walking humanoid. I am sure there are many humanoids on this planet taking directions from other minds, in some cases, minds from other planets.

Let me tell you a story that happened recently. An attractive, middle-aged woman living near Ventura, California, came to me and said she was being mentally directed to acquire all the information she could search out on the latest inventions and improvements in refrigeration systems in the United States. I talked with her and reminded her that she was not master of herself, but was being directed to do this for someone else. She then asked for help and was placed in front of some of our advanced associates that are psychics.

We found there was an entity who was controlling and directing her to do this for the ones that sent it. She knew subconsciously that this entity was from another planet. She had associated with them through telepathy and now they had taken her over, making her an instrument for them. Because of our abilities and the fact that she had asked for help, the condition was quickly altered and protection was given her so this could not happen again. Fantastic! Yes, but is not this entire book?

I believe that most humans who become humanoids do so while in normal sleep. Anyone who has studied this subject of hypnosis knows it is very easy to place a sleeping person in a hypnotic trance and give him suggestions as to what to do in the days to follow. He is then placed back into normal sound sleep and no one is ever the wiser. This person, who has been hypnotized and given post hypnotic suggestions, is then a walking humanoid carrying out orders at the will of another. This is far more common than the average person can imagine, for this can be done from a distance by a learned person.

It is a proven fact that earthbound entities can be taught hypnosis. They can then be sent to a sleeping person and told to repeat over and over what that person should do. When the person awakens, he must and will carry out these orders, thus, making him a humanoid. The number of people who are being willed by others runs into the millions. They are humanoids only because they do not have the knowledge, and they do not take the time to learn of these things. Subsequently, they fall prey to the ones who misuse the science.

I have been told that not only the Earth people are humanoids, but that many spirit forces and even the Archangels are affected. I have also been told and believe that there are men and women who can invoke and command with their souls and mind power these spirits, forcing them to do their bidding, thus, making robots of them. There is an old axiom, "as above, so below". If this can be done to the hierarchy, it can also be done to the demon region or lower region. This gives a great amount of power to one who has mastered this knowledge, as it can be used for the good of all life, or it can be selfishly used with evil intent. However; if it is misused, the user would be punished severely.

Eventually, those who misuse this mind and soul power will be punished, for they cannot escape their own minds. There is not a rock large enough or a hole deep enough to hide them from their own minds, and sooner or later their minds will punish them severely. However, they do escape civil and social punishment for many years, thus creating a great deal of damage, wars, poverty, sickness and disease they may excel financially at the other person's expense.

Not all earthbounds take complete control only on rare occasions can they get through mentally and have the human being do as they wish. There are other cases where there is complete domination by the will and mind of the intruder. We have arrived at the conclusion that the reason why a lot of humans are possessed is because the channel has been left open by their own sin complexes.

I have checked many people to see if they are possessed and find that those who are possessed have great guilt and sin complexes. With the application of proper mind power and proper prayer, you would never be possessed. You would then, for the first time in your life, be your

own master and not subject to the will of another.

One of the main objects of this book is to bring to the attention of the reader how millions of people are cursed and damned by their lack of understanding and knowledge. The more knowledge we acquire pertaining to the workings of our conscious, subconscious and Higher Self, the more balance we will bring into our units. The more knowledge we obtain by reading books such as this and the more lessons we receive in what is now termed "mystery schools" pertaining to these subjects—spiritual, mental, material—the wiser we will be, and the more free we will be to help all those who cannot help themselves.

A negative speaking person creates a very undesirable condition which clings to his being and to his magnetic field. These are termed "thought-form bodies". They live and pulsate from the energy of the human being and drain him of his strength and vitality. By being versed in these things and searching out proof in your own way, you can be on guard against this so that it will not happen to you.

You will find many frauds in spiritual and mental work. You are to be aware of this in your search for truth. By using mental attunement and intuitive powers within, we have found that some of the so-called higher Masters or angels or evolved minds have been in bondage for many, many years by beings that have mastered much of the work that we are talking about in this book. They have enslaved great, powerful minds to do their bidding for a long time.

Recently, a group of advanced metaphysicians got together and did a ritual to free some of these highly evolved souls and spirits that have been in bondage and bound to do things against their wills for a long time.

In learning work such as this, there are many ways you can help all life. There are millions of forms of life other than human beings, and while in this human body, we are in the image of God. We have mind and soul power undreamed of by most people, for they do not take the time to learn of it, but it is there. All of the Messiahs and all of the teachers have told us this. We have but to study it and know. We can release it bit by bit by blending and becoming harmonious within.

I was once told that there are three main paths to Godliness, Oneness, and God-realization and all power. Path number one is: To love and to be loved. Path number two is: To be a humanitarian. Path number three: To study knowledge so you may obtain wisdom and go back to path one and two and master them. The last path would be the most difficult.

## **Chapter 23 THEN THERE WERE NONE THE MAGIC KEY TO SOUL POWER:**

Soul power is that which a person can attain by clearing up his magnetic field, ridding himself of dissension, negative speech, negative ego and mastering positive speech. It is also acquired by becoming more emotional in your prayers and meditations.

A person that uses soul power correctly would be one who expresses himself emotionally during his ritual, and senses a feeling of explosion inside of his being. This is a spiritual feeling, so it is hard to define in material words or in material comparison. It has been called the workings of the kundalini, for it is a shaft of light shooting up and down the spine that gives a human being that which we term "soul power".

When doing your rituals, prayers or meditations, if you apply this soul power, you will become very powerful. You will master and attain that which you wish.

The following are twenty-five good reasons why you should learn to enter the Silence and master self-hypnosis:

1. To know thyself, consciously and subconsciously.
2. To control your weight, gain or lose.
3. To stop the smoking habit.
4. Stop all bad fixations or negative habits.
5. Relax completely, mentally and physically.
6. To sleep soundly and pleasantly at any time.
7. Improve your memory.
8. To implant positive suggestions that work for you.
9. To improve your concentration and visualization.
10. To remove your mental complexes.
11. To remove pain.
12. To remove mental depression.
13. Gain a magnetic personality.
14. To master positive speaking.
15. To stop blood flowing from wounds.
16. To awaken at a prearranged time without an alarm clock.
17. Improve your ability to be outstanding and excel in anything you desire.
18. Become much stronger physically.
19. Become immune to all diseases.
20. Increase your income or material supply.
21. Energize yourself.
22. To acquire good health.
23. Become more handsome or more beautiful.
24. .Become better at any sport.
25. Control your sex life.

These are the reasons why we should know ourselves, the workings of our subconscious minds and how to work with them and our other mental bodies to give us self-mastery over daily



problems and applications.

One of the most powerful and holy rituals from Hawaii is the Salt Ritual. The following tells you how' to do the Salt Ritual for yourself:

*Place some ordinary table salt in an ash tray or saucer (never use plastic), a tablespoonful for each bedroom in your home. If you have two bedrooms, you would use two tablespoonfuls.*

*Enter the silence. Cup your hands around the salt, about an inch from it. Do not touch the container. Do not touch your hands together. After you have created a super charge of LEE, will this energy into the salt. Verbally command this energy to remove' all undesirable things from your home.*

*Visualize the energy as white light with your eyes closed, and speak aloud, "I bind it into the salt and it will repel all undesirable things! It will keep my home clean. So be it! I command it so. In the name of the Infinite Divine God Power."*

*Take a small pinch of salt at a time, and cast it about the home to cleanse and purify. Remember to open the door, also the screen door, in order that all undesirable astral and physical things will have an exit. It is better to do this ritual after dark, for many of these things cannot stand to be subjected to the sunlight. Be careful not to put salt around anything which is electrical. Sprinkle the salt in the dark places in and around your home such as clothes closets, dark dresser drawers, trunks, under the beds, on top of the beds, etc. Command aloud, "Out! All undesirable things out of this dwelling or you will burn!"*

Remember, many undesirable things do not understand love and kindness. They only recognize power, and this is a powerful ritual.

After cleansing each room, if you have any salt remaining, save it for the next time. Save the salt in a plastic container. Do not sprinkle the salt in garages or outdoors. This is an indoor Salt Ritual.

This ritual has been proven many times. If one has the ability to enter the Silence and create a charge of LEE, one can do this ritual, thus, cleansing the dwelling he lives in of all kinds of rotten astral garbage. If a dwelling has never had this ritual or 'one like it, it is probably very negative.

Many people have all types of curses. Some of the curses are from people who disliked them; some of the curses they have created themselves by hating other things or people. A good curse removal ritual would be like this:

Stand erect, face the east, enter the Silence, and create' a super-charge of LEE. Command that your Higher Self come all the way down in you and remove all curses from you and around you. Then say aloud, "My Higher Self, you may return whence you came, "Awaken yourself, and you will be clean and decursed.

If you have mastered the teachings in this book and practiced that which you have read, this is a beautiful way to apply it to cleanse yourself of curses.

After you have done' these rituals and they work, then there is no more dissension. It is gone. "Then there were none" —that is what this means.

Be warned that any person who scoffs at this teaching is cursed by his own narrow mind. Such a person should have your pity because of his lack of knowledge and wisdom. It has been said that such a person is too ignorant to be called a skeptic.

## Chapter 24 THERE WAS LIGHT

After you have succeeded in bringing your mental bodies into harmony, your life will be far more wonderful and exciting. If you think you have enjoyed pleasures before, it will have been but a fraction of what you will enjoy when you bring your three mental bodies into balance. Those who enjoy a glass of wine before an elegant dinner will find the food and wine will be an exquisite pleasure, after you bring the feeling of all mental bodies into balance and into oneness.

This also is true of love. If a person believed he could love deeply before he had brought his mental bodies into balance, he will learn that it is but a fraction of the ability to love and to be loved after this balancing within takes place.

In the Hawaiian Islands, with all their mystical beauty and charm and beautiful, radiant lavender rays which surround the islands, there is a tendency toward an increase of love and beauty in every soul that lives and visits there. The Hawaiians had a different moral code from most of the rest of the world. Their religion was strong and simple. They did not have a lot of commandments that everyone had to adhere to.

It was a known fact that they were ardent lovers as long as the physical body was clean, without disease or dirt. Love to the Hawaiian was not nasty, filthy or dirty as is taught by many religions and by many customs throughout the world. It was a thing of exquisite beauty and loveliness, and they looked upon love and sex as things of beauty and splendor. They looked upon sex as a beautiful blending of man and woman into a combination of soul creation, and they produced many children who were much loved by their parents; therefore making a race of humans that excelled in love.

Those of us who were fortunate enough to live in this paradise of tropical islands understand the exotic beauty that emanates from all life on these islands. The children of these wonderful islanders were all well trained by their parents and the Kahunas that love was a thing of exquisite grandeur and a beauty to all who lived there.

This ability to understand and use God Laws in loving and being loved is a form of growing into the light. There are many ways to grow into the light, and there are many facets of knowledge and wisdom that we can become enlightened with, but the art of love and sex is the most beautiful of all, for nothing could exist without this.. All creation on all planets and in all time and space is thus created.

The Master, Jesus Christ, tried desperately to teach these words I have just said. He said, "Love thy neighbor and love all things." All of the great Messiahs and Masters preached the word love constantly, for they had a full realization of its magnificent beauty, splendor and power.

It has been taught that the pure spirit of love can unfold the Christ-consciousness within a human being, thus, giving the person the ability to understand and realize the true beauty of spiritual love as well as a material love. If we analyze this word love, we would come up with something like this: Love is a degree of affection, whether mild or strong.

If we love all life around us in all dimensions, it will assist us greatly in attuning to these wonderful dimensions and beings in other realms. With this ability, those of us who know of the Lord Thinkers, on the planet Venus, can contact them mentally and spiritually and have them as our friends. If we send them love and kindness, the Lord Thinkers will help us, feeding us knowledge and information in meditation or in the hours when we are sleeping normally and naturally.

There are many forms of life in us and around us. All planets contain many forms of life. We would be very narrow-minded if we had the concept that we are the only living things in this vast

universe, with its millions of suns and billions of planets rotating around them.

Those of you who can attain what we have taught (how to enter the Silence and how to blend with your mental bodies so they become one working unit) can contact beings on other planets.

On the planet Mars resides a very enlightened soul by the name of Monka. Monka is the ruler of the entire planet. They have but one religion and this consists of realizing and being taught that the God power is within.

If we can learn to become as impersonal as our superconscious mind or Higher Self, we can attune to the impersonal minds on other planets and in other dimensions.

There is a dynamic mind-force of evolved souls which have been termed, "Impersonal Ones". If you contact the Impersonal Ones while in the Silence, with love and harmony, a great amount of knowledge will be given to you. Some of you may receive it in poetry forms, some in mental colored pictures, or per. haps, in a dream state form. If you do this sincerely, with kindness and affection, using your metal bodies, you can and will contact them and it will benefit you greatly.

Many of the so-called flying saucers are in. habited by people from other planets. They have been seen by thousands of people allover this planet now for many years, photographed many times and in some cases, tape recorded conversations have been made with the beings in them.

These people appear to be more highly evolved mentally and spiritually than most Earth people, and they are more advanced scientifically than our modern scientists. Some authors have chosen to call these beings angels, for they do assist us, watch over us, and protect us from harmful forces of which some of us know nothing.

If you have mastered that which we are teaching you in this book pertaining to meditation and the Silence, turn your attention to the center of the planet Earth. There you will find a great brilliant light which has been termed the soul of the planet Earth.

All souls in and around this planet vibrate like unto the soul of the Earth. You will also find that the center of the Earth is hollow, and there are many domains of life within this hollow center.

Let me remind you again that everything is possible. Those of us who are able to soul journey or assume or use mental expansion can observe and see for ourselves, then return to our consciousness and recall that which we experienced.

Soul journeys to the center of the Earth have been made by many people that I know of and have taught. We have found that there are oceans, mountains, towns, cities and villages in the center of this Earth. There is an old saying, "as above, so below" which means this is very possible on all planets.

This planet's crust or hard surface on the outside is approximately three to five hundred miles thick, and from there on it is hollow all the way through. This not new information to many students of metaphysics, for there have been books written on this subject. There are also beings living in the center of the Earth.

Many dimensions are there. It is the same as here on the top of the outside edge that we live on, but most human beings do not know of that which is living around them up here on the top, let alone bothering to find out about what is in the center of the Earth. With harmony and love in your heart, you can contact these beings. They will become friendly with you. They have a great amount of knowledge and wisdom.

When you have found harmony within to blend with all life, it is quite possible to communicate mentally with animals and birds, holding a mental conversation with them. This is not only a possibility, but it has been achieved by many people.

The key to such mental conversations with animals or plants is to become impersonal and very humble. You must look upon the object as far more intelligent than you in every way before you will receive a mental impression from living things. Never look upon them as low-grade animal

life with no intelligence compared to you, a human. If you can dissolve some of your negative ego and not look upon animals as low rate creatures but as evolved spiritual life, you will become impersonal and can attune to their mental bodies and hold a mental conversation with them.

One outstanding experience was the ability to talk to a bull frog mentally. There is, in reality, but one mind. He had been captured by a young boy who was keeping him as a pet. This frog, in his conversation, conveyed the idea to me that he was mystified and confused by his captivity. The thing that provoked him most of all was not being able to see the sun rise and set, thus, not knowing when to croak. However, he did express his opinion of his capture- by Bobby (an eleven-year-old boy) and realized that Bobby would not harm him. He was very lonesome for the pond where he came from and for his frog associates.

After the conversation with the frog in Bobby's presence, Bobby told the frog he would put him back in the pond from where he had taken him and that he hoped he would be happy in his accustomed surroundings.

While at Big Bear, California, we took possession of a small cabin for the days that we were there. In front of this cabin were some beautiful, white Shasta daisies. I was holding mental conversation with one, not realizing or knowing what my wife was doing at the other end of the porch. She came up to me and said, "Dear, will you talk or attune to this flower down here on the end."

I walked to the other end of the porch, leaned over and touched the little flower. It told me that she was a wonderful, lovely soul and that she had just given it love and it was very elated.

I told my wife what I had received mentally from the flower, and she smiled with happiness, for this was verification of what she had actually done.

While we were up in this lovely paradise of nature with God emanating everywhere, we walked up to a large pine tree, placed our hands and our foreheads upon the tree. The tree was very surprised that a human had the ability to hold conversation, and it expressed happiness that we were the first humans who had taken the time and trouble to do this in all of its life.

It told us that a shaft of light went through it from its roots to the peak of its tips, that it was alive, and had a mind, and enjoyed the conversation we were having. It said, "Keep both hands upon me, you and the beautiful lady, and I will give you a charge of energy that will help you." We tingled and buzzed all over from the energy it gave us and were unable to sleep that night, for we had received a supercharge of energy of a high rate, therefore, not needing sleep.

These things you are being told are divine truth. Anyone can do them who can become impersonal and humble, for there is but one mind which is the universal mind. All things are of it and it is of all things. When we realize this, we can attune to any object, for we realize that, in reality, it is our own mind.

God has always existed and always shall. All things are the emanation of the God power, and the only thing that changes is our conception of this divine truth. Some of us have more realization and understanding of it than others. But when we pray with our hearts for truth and harmony with all life, then a realization will come over us enabling us to attune to this one mind power. This can be termed self-realization. It is very beautiful to behold and to witness, and it is beyond description to experience it.

There are many forms of meditation which are given to people while in the Silence to help them turn within and bring their own consciousness to the inside of their units, thus causing them to look, for the first time in their lives, inside instead of outside.

Imagine a beautiful vase with a curved-down edge. This represents the way a lot of people live on the curved-down edge of life facing outward, never looking within. If we can blend and attune to the mental bodies within us and desire to see what is within, then we can, symbolically speaking, travel over the edge of the vase down into its center. There we will see that all is one and one is all, that there is but one mind.

The best way I can explain the above is to ask you to imagine that there is a white light and on this light there are many little specks. As you come closer to the light, the specks are like buttons sewn onto a white sheet. If you bring it closer to you, you will see that each little button is a face, your face, your loved ones', your friends' and millions of people. They are not separate; they are all attached to a great white light. They are not separate as we have imagined and been taught; they are all united and one with the great mind

Not long ago, while in a meeting of some highly evolved metaphysicians in Oakland, California, we were invoking different entities from higher realms. Some were the Lord King Gods of their various domains. One such entity was from a very high dimension and had much power and superiority over life in his domain. We found that the higher the kingdoms and the more evolved the entities are, the more humble they were in our presence. They would invariably bow and humble themselves.

Some of the entities of lower dimensions were invoked. They had negative egos which made them stubborn and boastful. They told us how much power they had. This was a great lesson for us, and it should be for all those who read this. The more evolved we become, the more humble and impersonal we become.

It is good to speak of godly, spiritual and mental things. It is good to know of them and to meditate upon them, that we may grow mentally and spiritually; however, there is a key word to all this work. This word is balance. It is good to remember balance all through your life, for we do live in a material dimension. We do have material things around us, and the things we love and associate with all day long are material. Do not become carried away with mental and spiritual things and forget the material. This would cause us to become out of balance, therefore, to maintain balance we must fully realize this and recognize it. All these material things around us are put here for our use.

If you become ill, it is well to stay in balance and go to a doctor who has been trained materially to assist you. At the same time, apply mind and soul power and call upon entities for spiritual healing as well as material. If you stay in balance this way, you will become healed quickly, for you will be turning to all dimensions and all domains for help.

Everything around us has been put here for our benefit. The only thing that can harm us is if we go out of balance and use these material things to excessiveness. For example, if you drank more than one small glass of wine before dinner, say if you drank a gallon, you would become intoxicated, possibly very ill for a day or two, and you would be badly out of balance.

If you like a certain amount of sweet foods that are very fattening, you would be out of balance to eat more than you should, for this would make you gain weight, and you would lose your physical beauty. Therefore, you would be out of balance. So balance is the key word that we must remember and live by at all times.

While I was a student of a Kahuna in the Hawaiian Islands, we sat up all night talking of Aumakuas, gods, goddesses and all types of godly, spiritual things.

As the sun came up, the Hawaiian teacher turned to me and said, "Let's get back into balance." He reached over and tapped me on the shoulder as he said, "Do you have any rum?" I said, "Yes." The teacher said, "Pour me a shot," which I did and he tipped it up and drank it down. As he got up and stretched, he inquired, "Do you have an extra pair of swimming trunks?" When I told him I did, he said, "Let's take a dip in your swimming pool." It was invigorating and refreshing, and it brought us back from the godly things and spiritual words and wisdom into material balance.

Then he said, "It's about time you went to your office, isn't it, Clark?" I answered, "Yes, it is." With that, he said, "Have a good day and balance yourself well with the day's trials and tribulations; success will come to you."

My teacher put across to me the word balance beautifully so many times, and it is necessary for

you to realize and understand this. It is good to speak of spiritual things for many hours, but it is also good to know that we live in this material dimension and must come back to it to face the material daily problems we all have.

When we learn balance, humbleness and how to become impersonal, we have harmony and love. When we understand and realize these wonderful things, then we have grown into the light of realization and understanding and our magnetic fields around us take on a brilliant, strong radiation of white light which reflects to all life. All insects, animals, trees and plants recognize this, as do many humans. They do not know what they sense, but they know they sense something that is good and strong. All undesirable things from the astral as well as the material see and shy away. You are guarded and protected by the bright light you are becoming, and this is called, "growing into the light."

The word truth does not mean something of which there is only one thing. There are many truths. Each of us has our own understanding of truth. The more knowledge and realization we receive, the more different our truth becomes compared to what someone else's would be.

In the first part of this work, we were taught that there were two minds, a conscious and a subconscious or outer and inner, and at that time this was divine truth. Later in the steps we were taught that there were three minds, the inner, the outer and the Higher Self, and at that time this was divine truth. Then we have been told there are seven million or more, and they were broken down into seven parts. At this time, this was truth to us.

You see how truth differs to each of us. We each have our own truth by the knowledge that is presented to us. This is true with everything that we know. Then as we evolve higher, those of us who become cleared mentally of sin complexes have still a greater truth of realization and understanding of our own minds and the minds in all life.

Those who advance higher yet, that work with their Higher Selves, become impersonal, get rid of their negative egos, master positive speech, become masters of their habits, their food habits and their living habits and attain self-mastery. This person's truths are so much different from the people around him, so very different, that he feels sorrow for the other people. He realizes that he cannot express his theories or his truths to them, for it is far beyond their comprehension. It would be like casting pearls to swine.

Then we will go higher. The truth of one who has meditated upon that which we have given in this book and who has assumed other living things and beings and who has had mental expansion would be greatly different from anyone else's.

Finally, those who have meditated upon and studied works similar to this, or this book, for many months and have mastered what is taught, will be the few who will realize that there is but one mind - the Infinite Divine Mind. It is their mind and the mind of all space, all time, all existence. This is true God-realization. To these, the truth as they would see it, feel it and express it would be far different from anyone else's. There is no end to it.

The higher you evolve, the more different your truth and your expression of that which you realize. So you see, the word truth has a different meaning to each one, for we are all on different levels of understanding and realization. That which would be true to me, would not be true to someone else. That which would be true to someone else, would not be true to me.

See this, know it and understand it, for this knowledge will grant you vast amounts of wisdom.

This book has been written from the highlights of the four previous books written by this author, "Know Thyself Subconsciously," "Celestial Wisdom," "Cosmic Wisdom Attunement" and "Private Consultations of a Kahuna."

The forthcoming book will be titled "Wisdom from Venus." It will hold you spellbound with knowledge that you can apply in your own daily life, while the subject matter is presented in a direct manner that is easy to understand. The purpose of this book is to help all persons possessing a broad mind who want knowledge and wisdom.



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